

2004 Searcy County Adult Health Survey



Coordinated by:



Searcy County Hometown Health
and
Arkansas Department of Health
Center for Health Statistics

2004 Searcy County
Adult Health Survey
Behavioral Risk Factor Surveillance System

December 2004

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Ozark Mountain Health Network

Mission: It is Ozark Mountain Health Network's mission to serve as a catalyst for the development of collaborative and integrated services for the residents and providers of north central Arkansas to improve healthcare access and quality of life

Vision: Ozark Mountain Health Network envisions local and regional healthcare providers working together for the betterment of patient care. OMHN envisions an integrated network of rural providers delivering quality, low-cost primary, preventive, and specialty care within our local community, and supported, when appropriate, by mutually advantageous links with outside providers.

By pooling resources and sharing opportunities, OMHN members can enhance access to and the delivery of local health care services and specialty services that residents previous had to travel a significant distance to access. By enhancing the services within our communities, we are able to increase access for a historically underserved population. By working together, OMHN members can reduce fragmentation and increase the quality of patient care within and across providers.

Target Population: Ozark Mountain Health Network's target area includes North Central Arkansas with our initial focus on the residents and providers of Searcy and Van Buren County and the residents of peripheral counties who seek healthcare services in Searcy and Van Buren County.

Board Members:

Ozark Health Medical Center
Ozark Health Foundation
Boston Mountain Rural Health Center
Baptist Health
Health Resources of Arkansas
Searcy County Health Department
Van Buren County Health Department



Contact Information:

Pearl McElfish, Executive Director
501-745-7004 ext 1330

An Introduction: Searcy County 2004 Adult Health Survey

What Is Hometown Health Improvement?

Hometown Health Improvement is a grassroots initiative that stresses cooperation, coalition building, community health assessment, prioritization of health issues, and the development and implementation of strategies designed and sustained locally. As part of this initiative, Searcy County Hometown Health partnered with the Ozark Mountain Health Network to conduct the Adult Health Survey using questions from the Behavioral Risk Factor Surveillance System (BRFSS).

What Is the BRFSS?¹

In the early 1980s, the Centers for Disease Control and Prevention worked with the states to develop the Behavioral Risk Factor Surveillance System. This state-based survey, the first of its kind, collected, analyzed and published information on the prevalence of risk behaviors among Americans and their perceptions of a variety of health issues.

Now conducted in all 50 states, the BRFSS continues to be the primary source of information on major health risk behaviors among Americans. State and local health departments rely heavily on BRFSS data to:

- Determine priority health issues and identify populations at highest risk.
- Develop strategic plans and target prevention programs.
- Monitor the effectiveness of intervention strategies and progress toward prevention goals.
- Educate the public, the health community, and policymakers about disease prevention.
- Support community policies that promote health and prevent disease.

BRFSS information is also used by researchers, voluntary and professional organizations, and managed care organizations to target prevention efforts. Recognizing the value of such a system in addressing priority health issues in the coming century, China, Canada, and other countries have looked to CDC for assistance in establishing BRFSS-like systems for their own populations.

BRFSS data can be analyzed by a variety of demographic variables, including age, education, income, and racial and ethnic background. The ability to determine populations at highest risk is essential in effectively targeting scarce prevention resources.

¹ From the Centers for Disease Control and Prevention, About the BRFSS. <http://www.cdc.gov/nccdphp/brfss/about.htm>
Atlanta, Georgia.

Why Did Searcy County Conduct the Adult Health Survey?

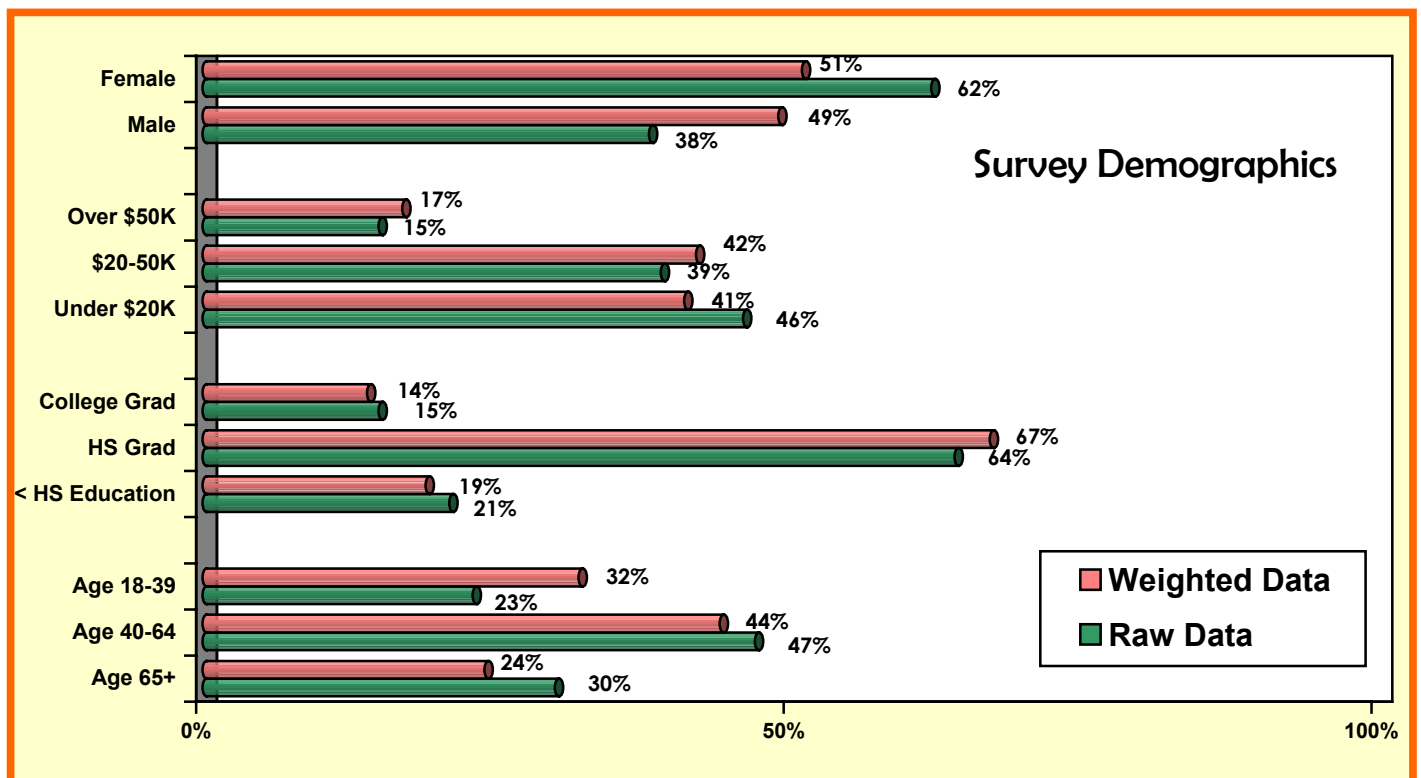
As the demand for data at a local level has increased, state, county, and local health agencies have begun using the BRFSS to develop county and local information about health risk behaviors. The Searcy County Adult Health Survey was conducted to gather health information on a variety of behaviors that can impact health in both good and bad ways, including smoking, exercise, access to medical care, women's health, quality of life, chronic diseases, cancer screening, and other health related issues.

How Did Searcy County Conduct the Adult Health Survey?

During August and September 2004, 699 randomly selected adults answered the Searcy County Adult Health telephone survey. Interviews were conducted and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government. The data were then weighted to be representative of the sex and age distribution of Searcy County. All percentages presented in this report are rounded to the nearest whole percent.

Who Participated in the Searcy County Adult Health Survey?

Of the 699 people who were interviewed, 263 were men and 436 were women. The following chart summarizes the demographics of the survey participants as both raw numbers and as weighted data. All other data presented in the report is based on the **weighted** data.



For More Information about the Searcy County Adult Health Survey

Interested parties may request additional information. Researchers and professionals wanting to build upon Searcy County's 2004 Adult Health Survey data may request additional data from:

Searcy County
Gina Vining, Hometown Health Leader
Searcy County Health Department
HC 89, Box 55
Marshall, AR 72650
870-448-3374
gvining@healthyarkansas.com

For more information about the Searcy County Adult Health Survey, the BRFSS, or analysis of the survey data, please contact:

Arkansas Center for Health Statistics
Shayala Williams, Health Program Analyst
4815 W. Markham Street, Slot 19
Little Rock, AR 72205
501-661-2232
swilliams@healthyarkansas.com

Risk Factors

Health Status

The survey asked respondents to rate their general, physical, and mental health status.

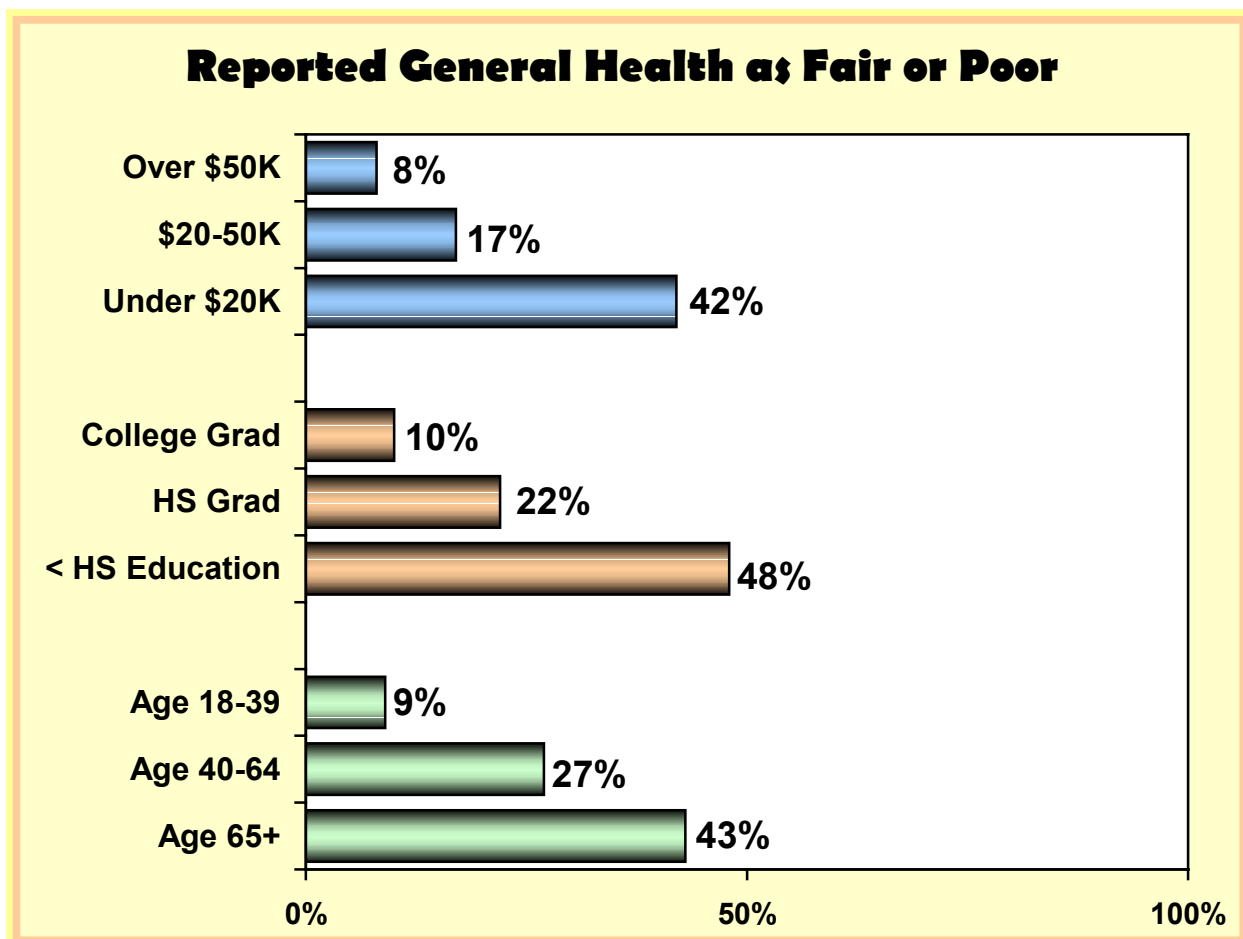
Risk Factor Definition: General Health

Question: Would you say that your general health is “excellent,” “very good,” “good,” “fair,” or “poor?”

At Risk: Those who answered “fair” or “poor” are considered at risk.

Who's At Risk in Searcy County?

Twenty-five percent characterized their general health as fair or poor. People with more income or education tended to report better general health.



Physical Health

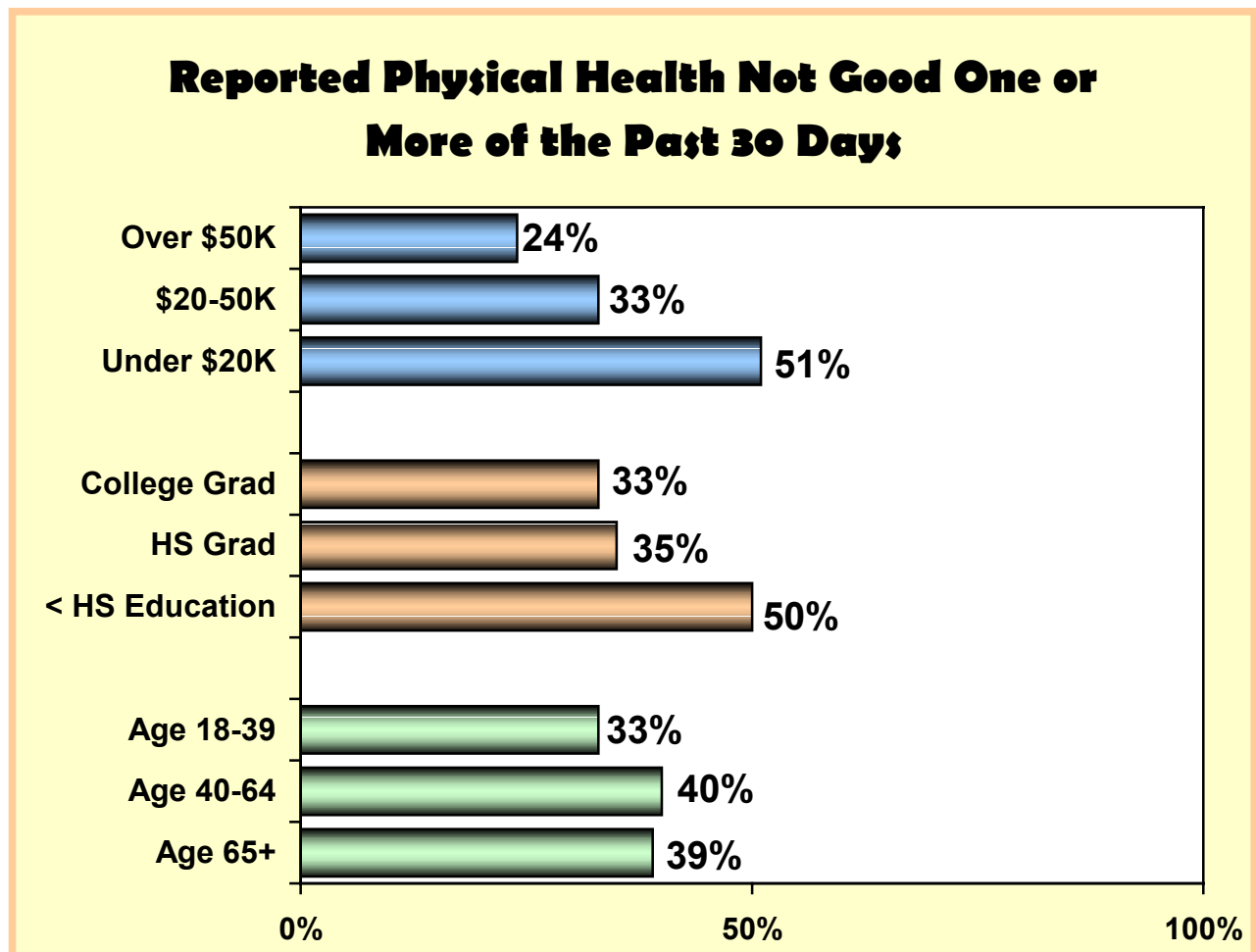
Risk Factor Definition: Physical Health

Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At Risk: Having one or more self-reported days of "not good" physical health.

Who's At Risk in Searcy County?

Thirty-seven percent of Searcy County adults had at least one day a month of poor physical health. According to the survey, the average Searcy County adult had five days of bad health and six days each month when health problems interfered with usual activities. People with less income or education were more likely to be affected by poor health.



Mental Health

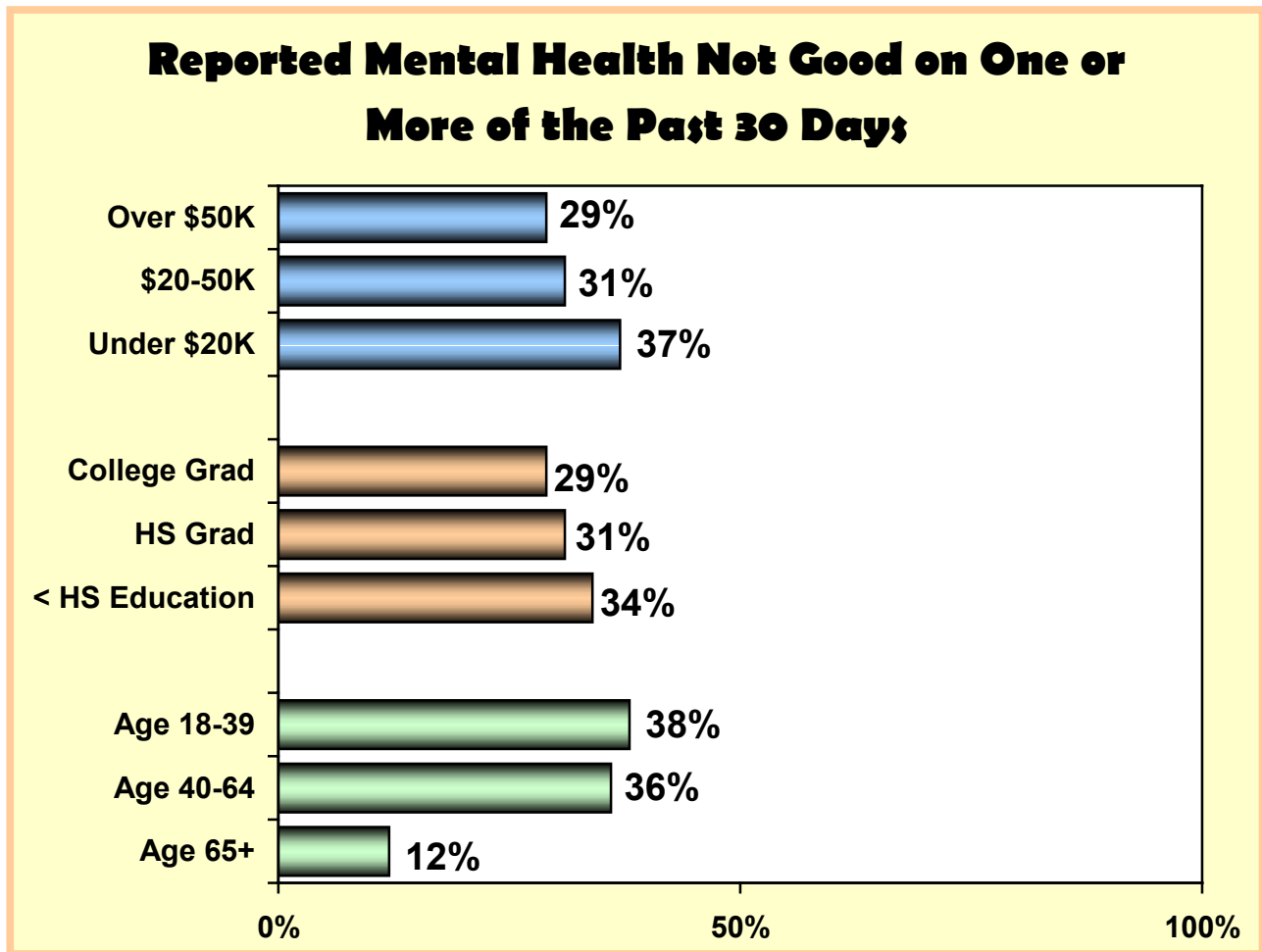
Risk Factor Definition: Mental Health

Question: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

At Risk: Having one or more self-reported days of “not good” mental health.

Who's At Risk in Searcy County?

Thirty-one percent had at least one day of poor mental health in the past month. The average Searcy County adult had four days each month of poor mental health. Younger respondents and those with less income were more likely to report at least one day of poor mental health in the past month.



Health Care Access

The survey asked if respondents had health insurance and about barriers to getting insurance.

Health Insurance

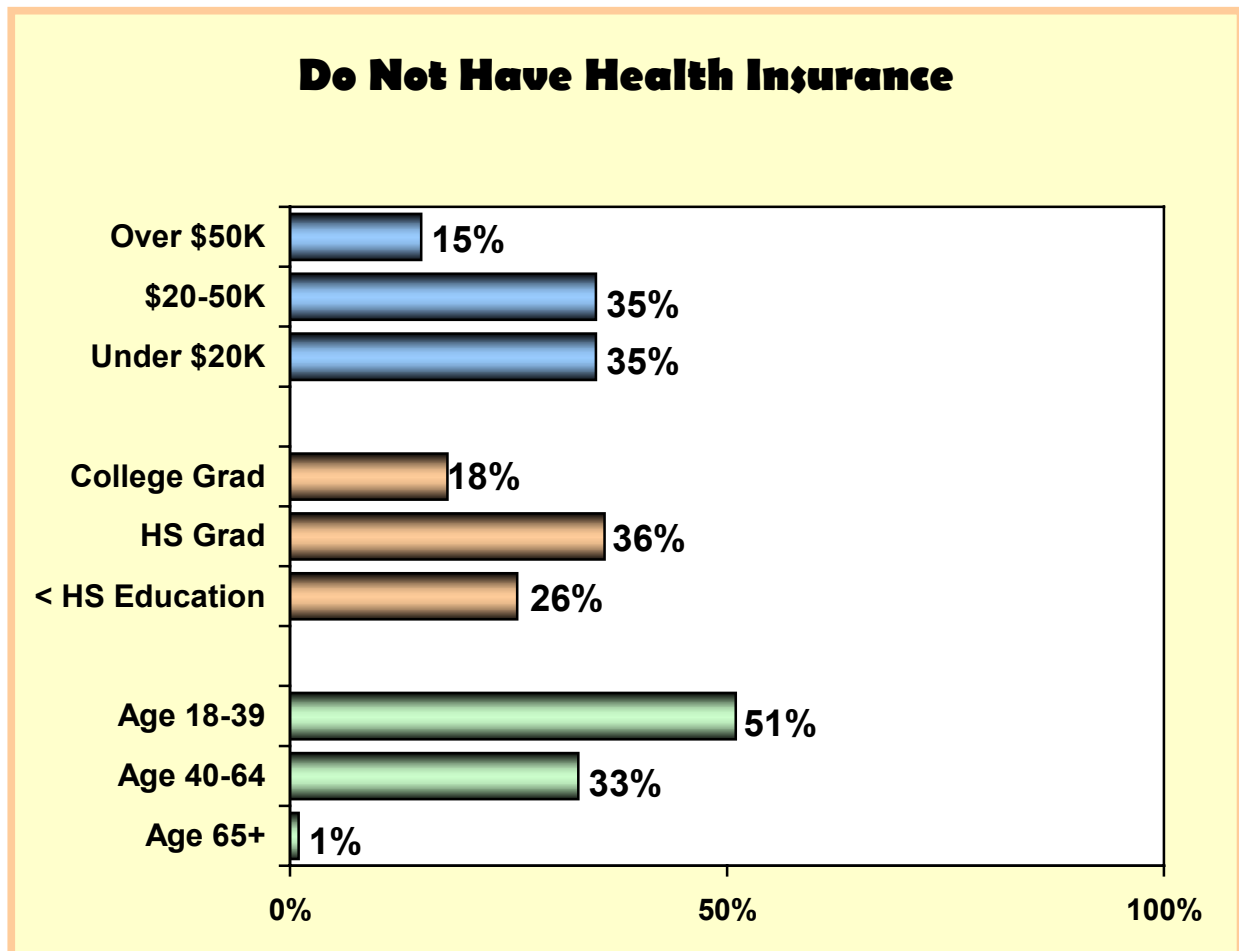
Risk Factor Definition: Health Insurance

Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

At Risk: Those who answered “no” are considered at risk.

Who's At Risk in Searcy County?

Thirty-two percent said they didn't have health insurance, with younger respondents and those with less annual household income less likely to be insured.



Routine Checkup

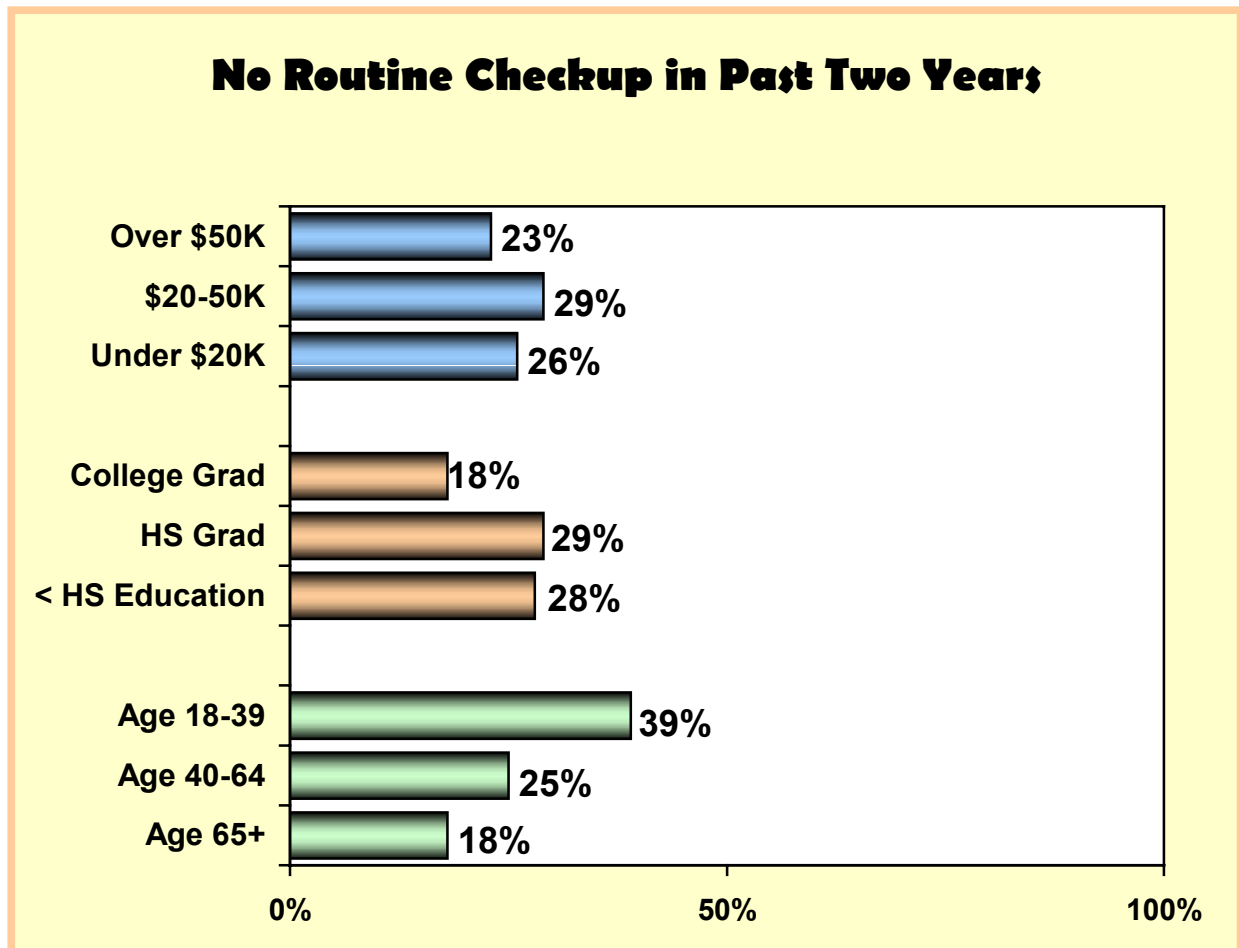
Risk Factor Definition: Checkup

Question: About how long has it been since you last visited a doctor for a routine checkup?

At Risk: Those who reported not having a routine checkup within the past two years are considered at risk.

Who's At Risk in Searcy County?

Twenty-eight percent said they had not seen a doctor for a routine checkup within the past two years. Younger adults were more likely to report not having received a checkup recently.



Chronic Conditions

Hypertension

Questions regarding specific chronic medical conditions were included in the Searcy County Adult Health Survey.

Hypertension

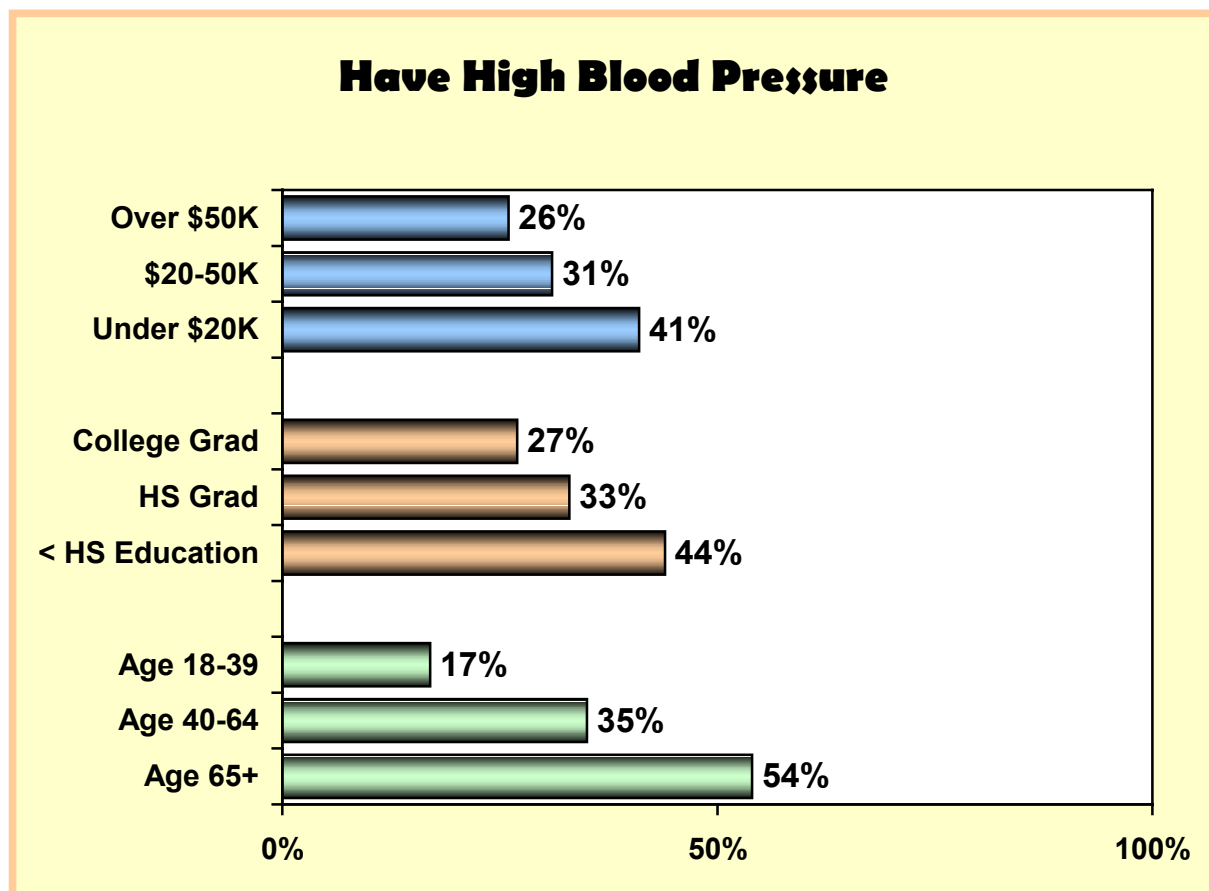
Risk Factor Definition: Have High Blood Pressure

Questions: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? -and – Are you currently taking medicine for your high blood pressure?

At Risk: Those who answered “yes” are considered at risk.

Who's At Risk in Searcy County?

Thirty-four percent of Searcy County adults have been given a hypertension diagnosis by a doctor. Older respondents and those with less income or education were more likely to report having high blood pressure.



Cholesterol

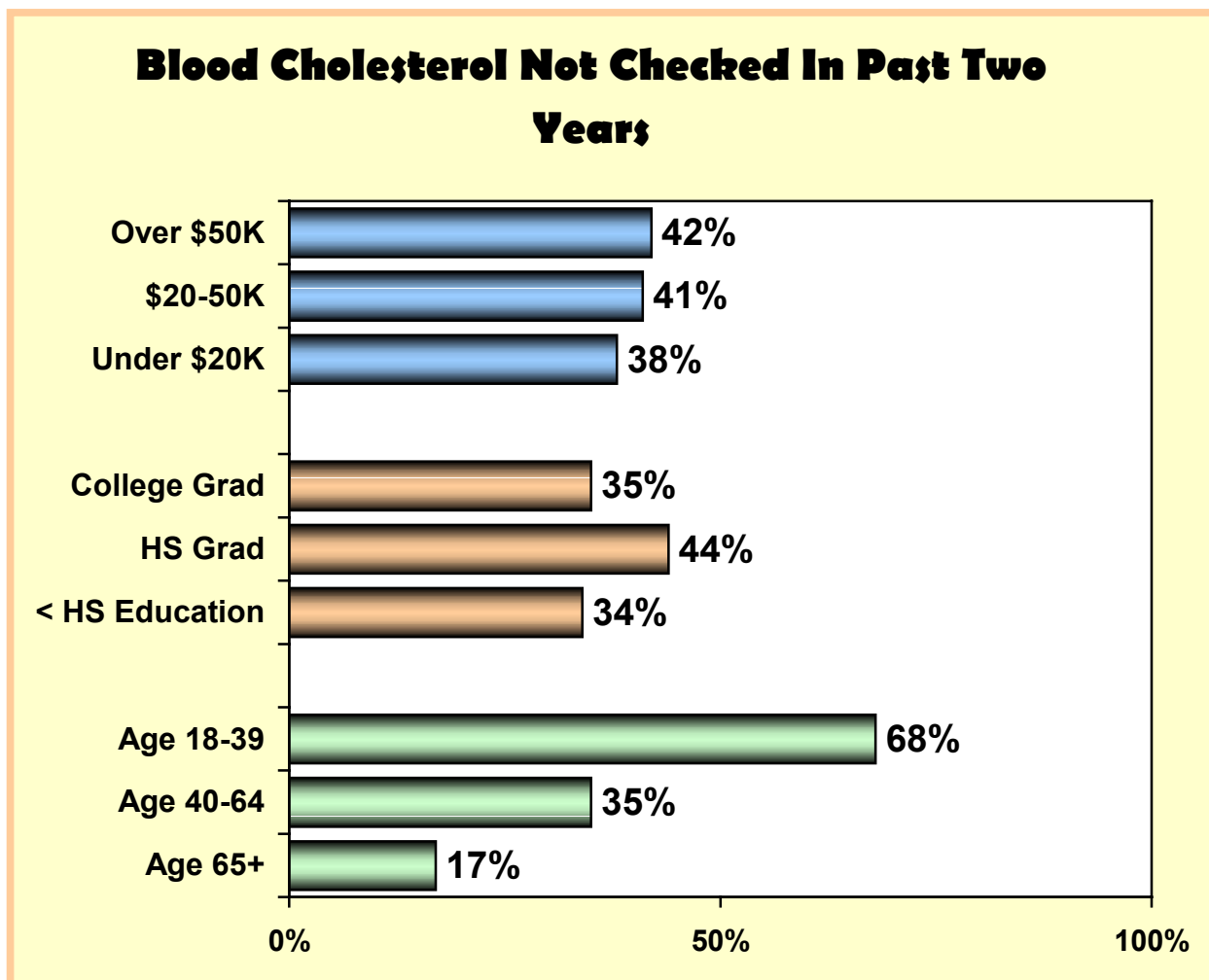
Risk Factor Definition: Have Not Had Blood Cholesterol Checked in Past 2 Years

Question s: 1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?
2. About How long has it been since you had your blood cholesterol checked?

At Risk: Those who have not had their blood cholesterol checked within the past 2 years are considered at risk.

Who's At Risk in Searcy County?

Forty-one percent of Searcy County adults have not had their blood cholesterol tested within the past 2 years. Younger respondents were far less likely to have had their blood cholesterol tested within the past two years.



Cholesterol

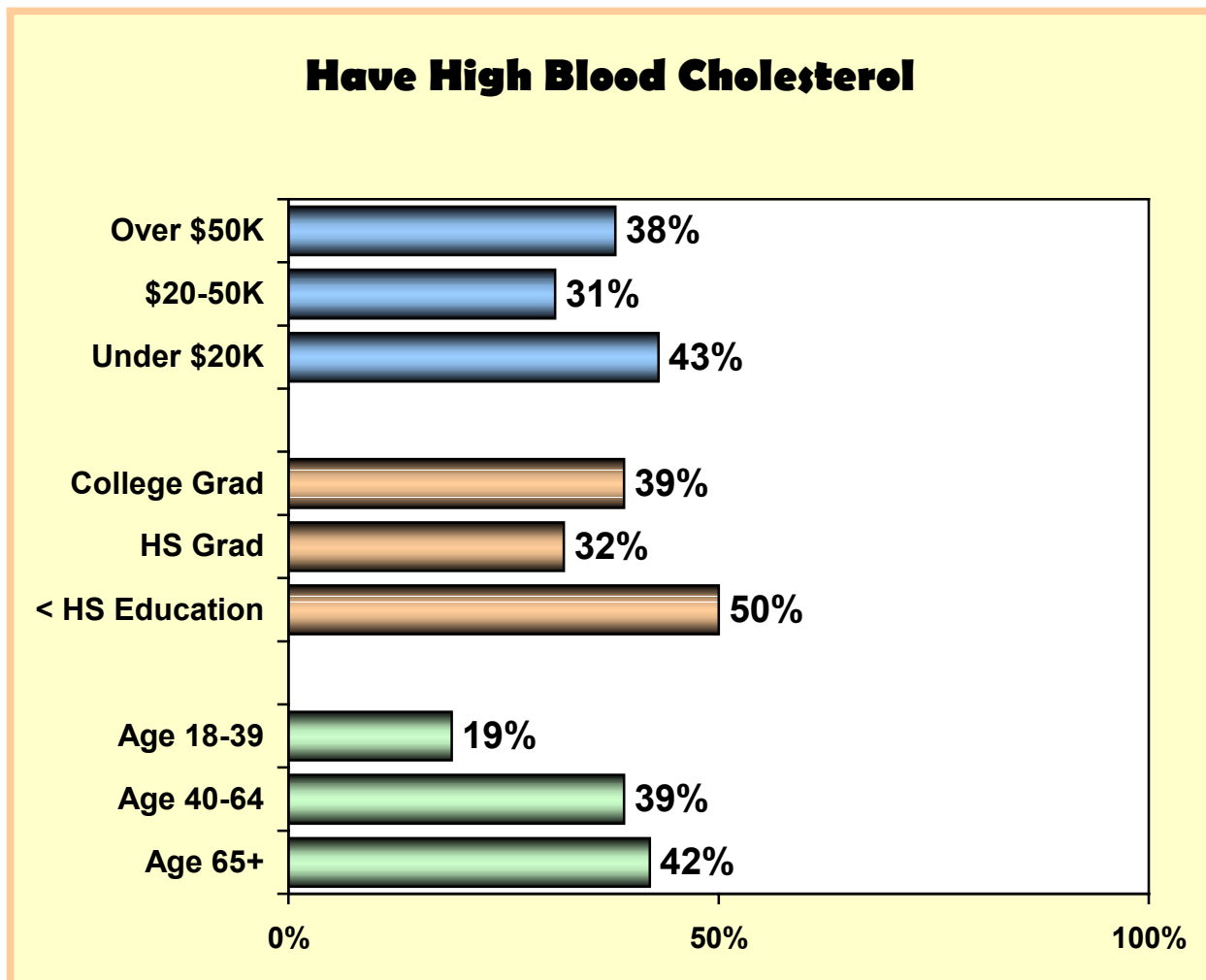
Risk Factor Definition: Have High Blood Cholesterol

Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

At Risk: Those who answered "yes" are considered at risk.

Who's At Risk in Searcy County?

Thirty-six percent of Searcy County adults have been given a high blood cholesterol diagnosis by a doctor. Older respondents were more likely to report a high blood cholesterol diagnosis than others.



Asthma

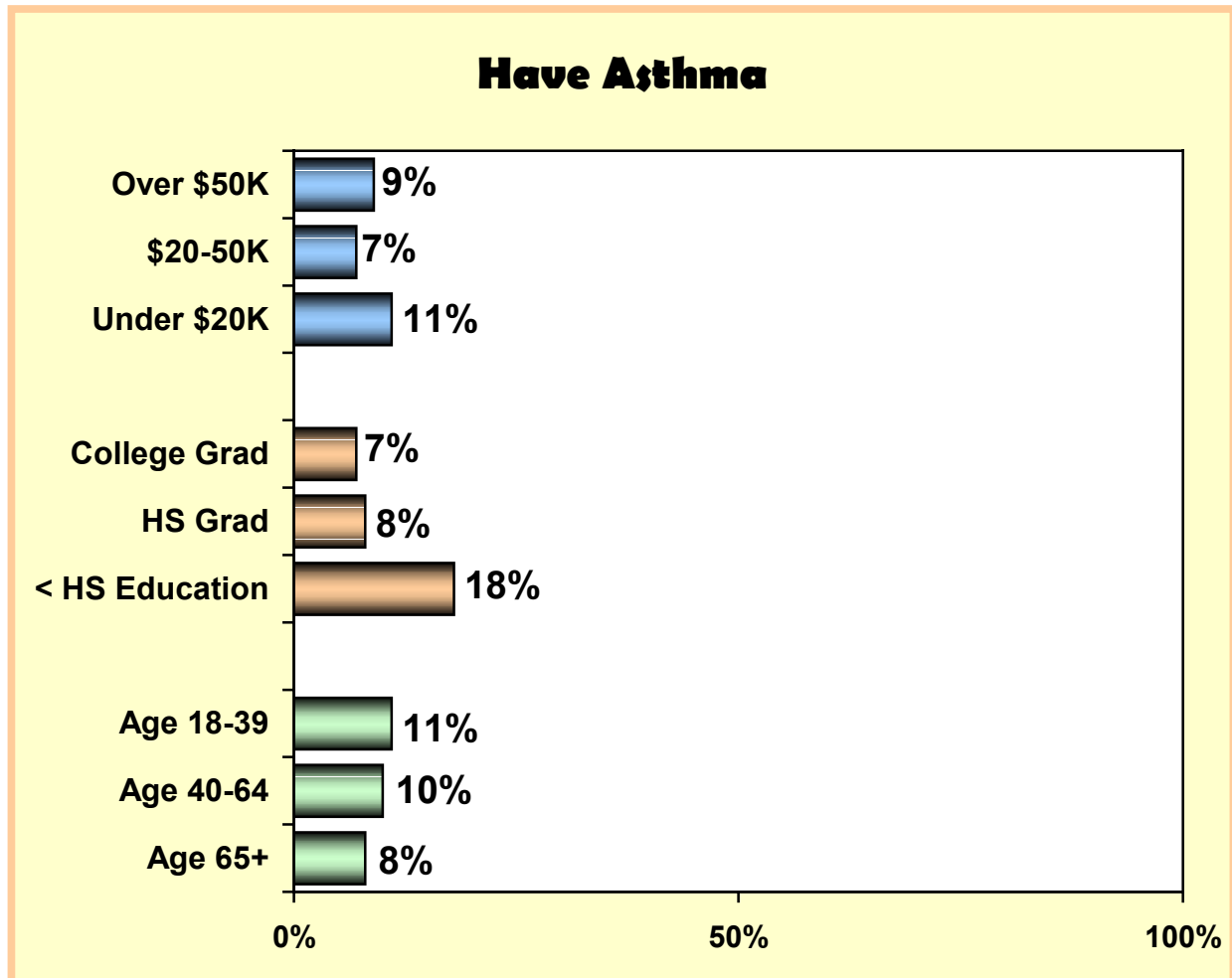
Risk Factor Definition: Have Asthma

Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

At Risk: Those who said "yes" are considered at risk.

Who's At Risk in Searcy County?

Ten percent said they had been told by a doctor that they have asthma.



Diabetes

Questions regarding specific chronic medical conditions were included in the Searcy County Adult Health Survey.

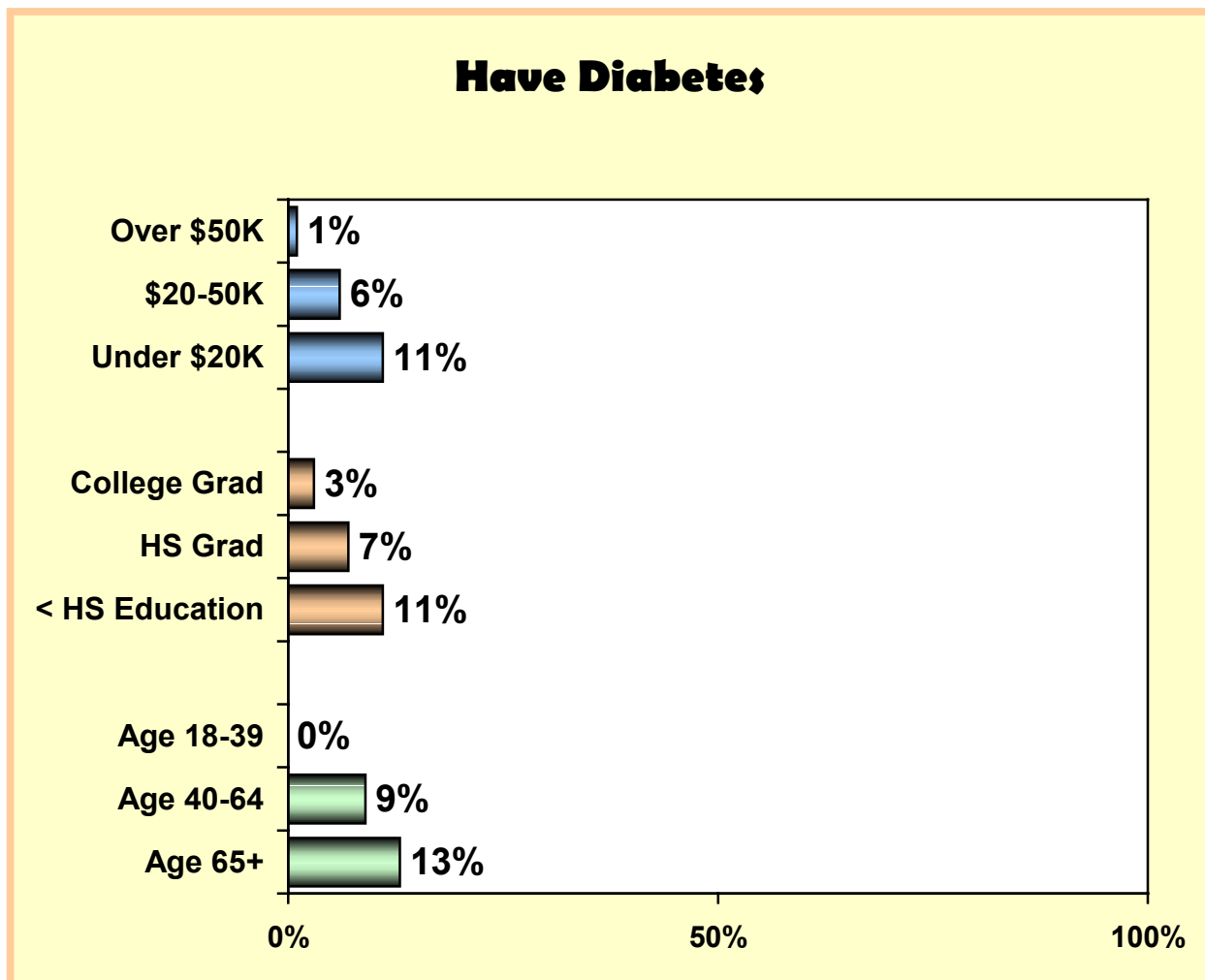
Risk Factor Definition: Have Diabetes

Question: Have you ever been told by a doctor that you have diabetes?

At Risk: Those who answered “yes” are considered at risk.

Who's At Risk in Searcy County?

Seven percent of Searcy County adults have been given a diabetes diagnosis by a doctor. Older respondents and those with less income or education were more likely to report a diabetes diagnosis than others.



Arthritis

Questions regarding specific chronic medical conditions were included in the Searcy County Adult Health Survey.

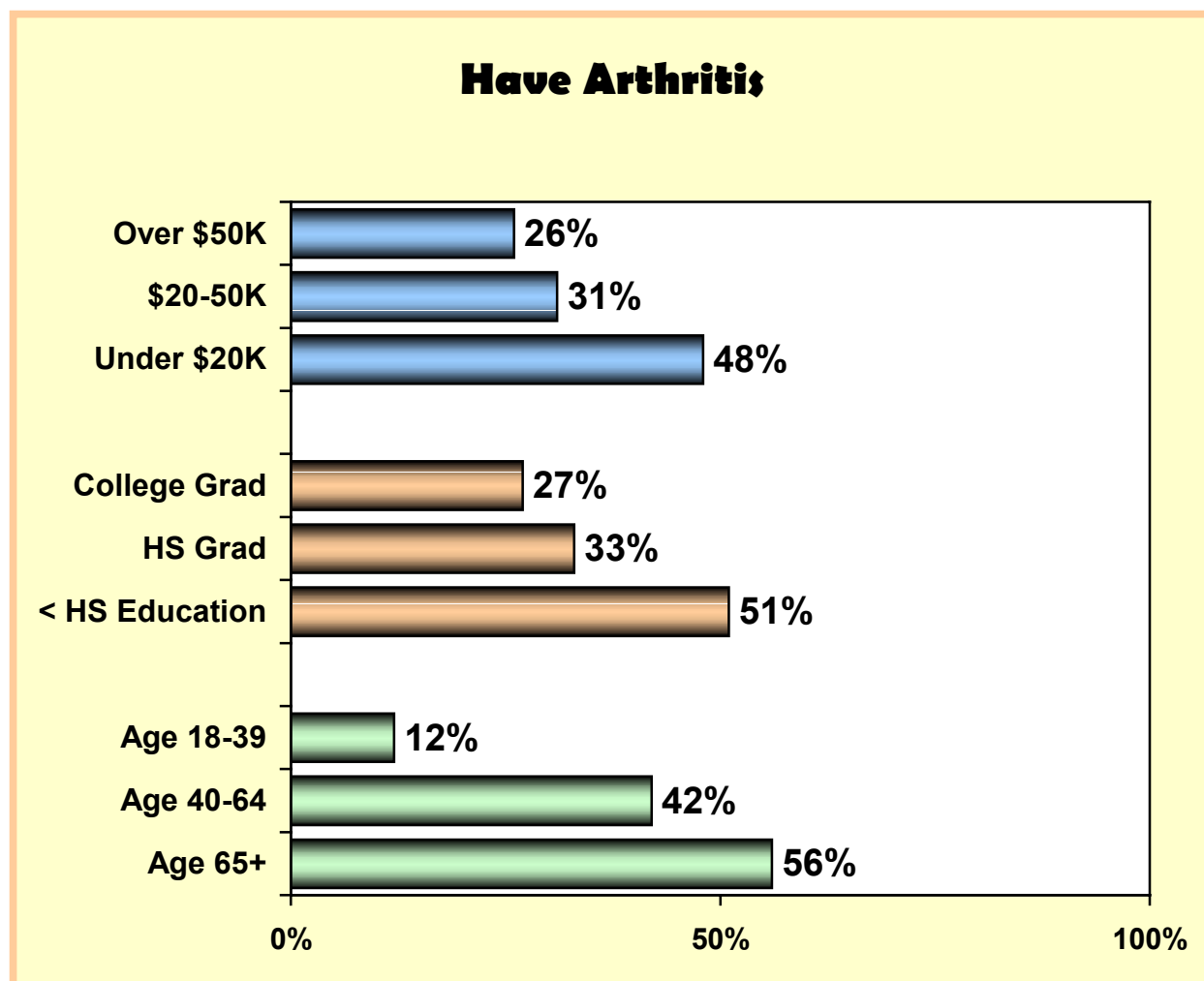
Risk Factor Definition: Have Arthritis

Question: Have you ever been told by a doctor that you have arthritis?

At Risk: Those who answered “yes” are considered at risk.

Who's At Risk in Searcy County?

Thirty-six percent of Searcy County adults have been given an arthritis diagnosis by a doctor. Older people and those with less income or education were more likely to report arthritis than others.



Arthritis

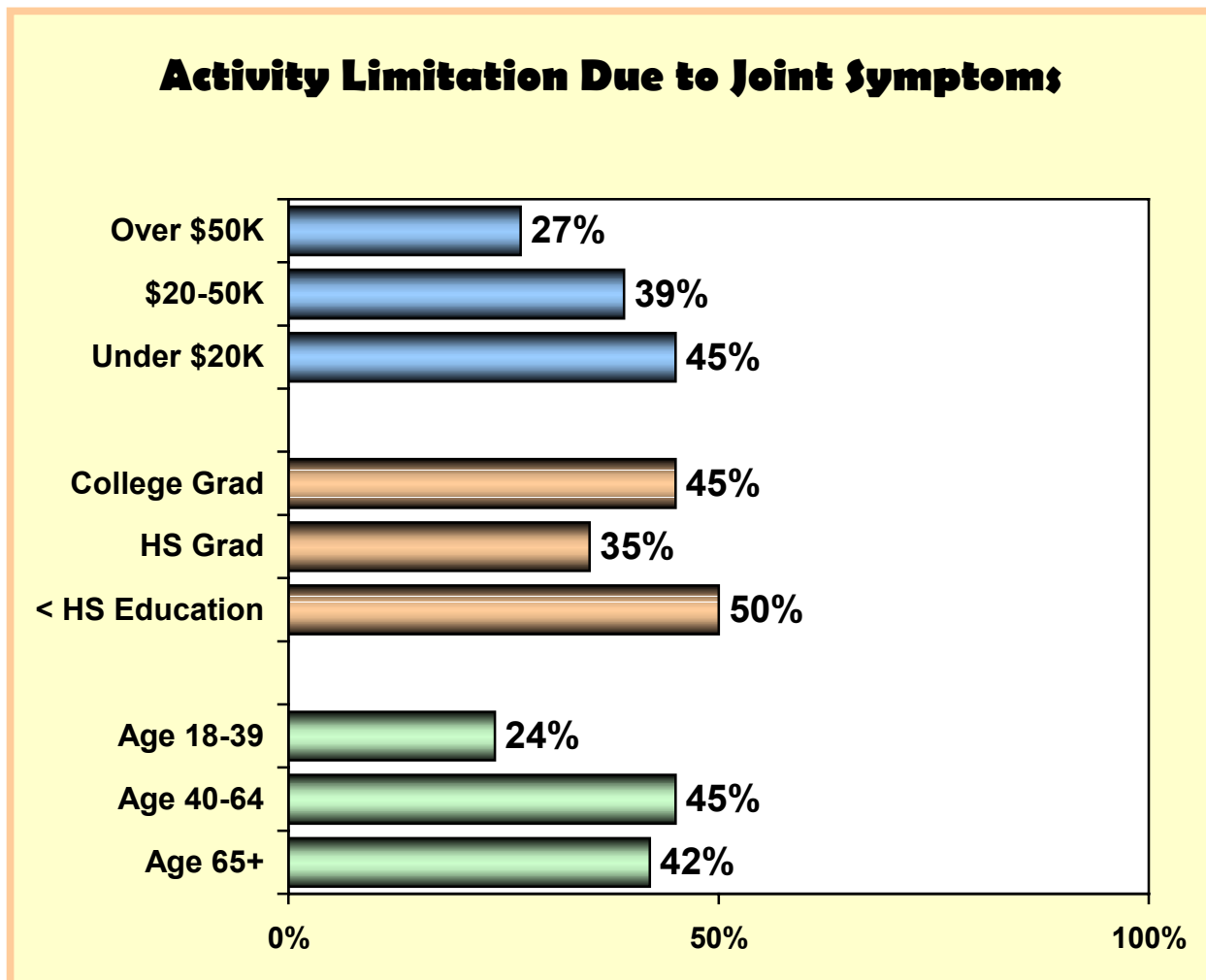
Risk Factor Definition: Have Activity Limitation Due to Joint Symptoms

Question: Are you now limited in any way in any activities because of joint symptoms?

At Risk: Those who answered "yes" are considered at risk.

Who's At Risk in Searcy County?

Thirty-nine percent of Searcy County adults indicated a limitation in activities because of joint symptoms.



Colorectal Cancer Screening

Questions regarding colorectal cancer screening were included in the Searcy County Adult Health Survey.

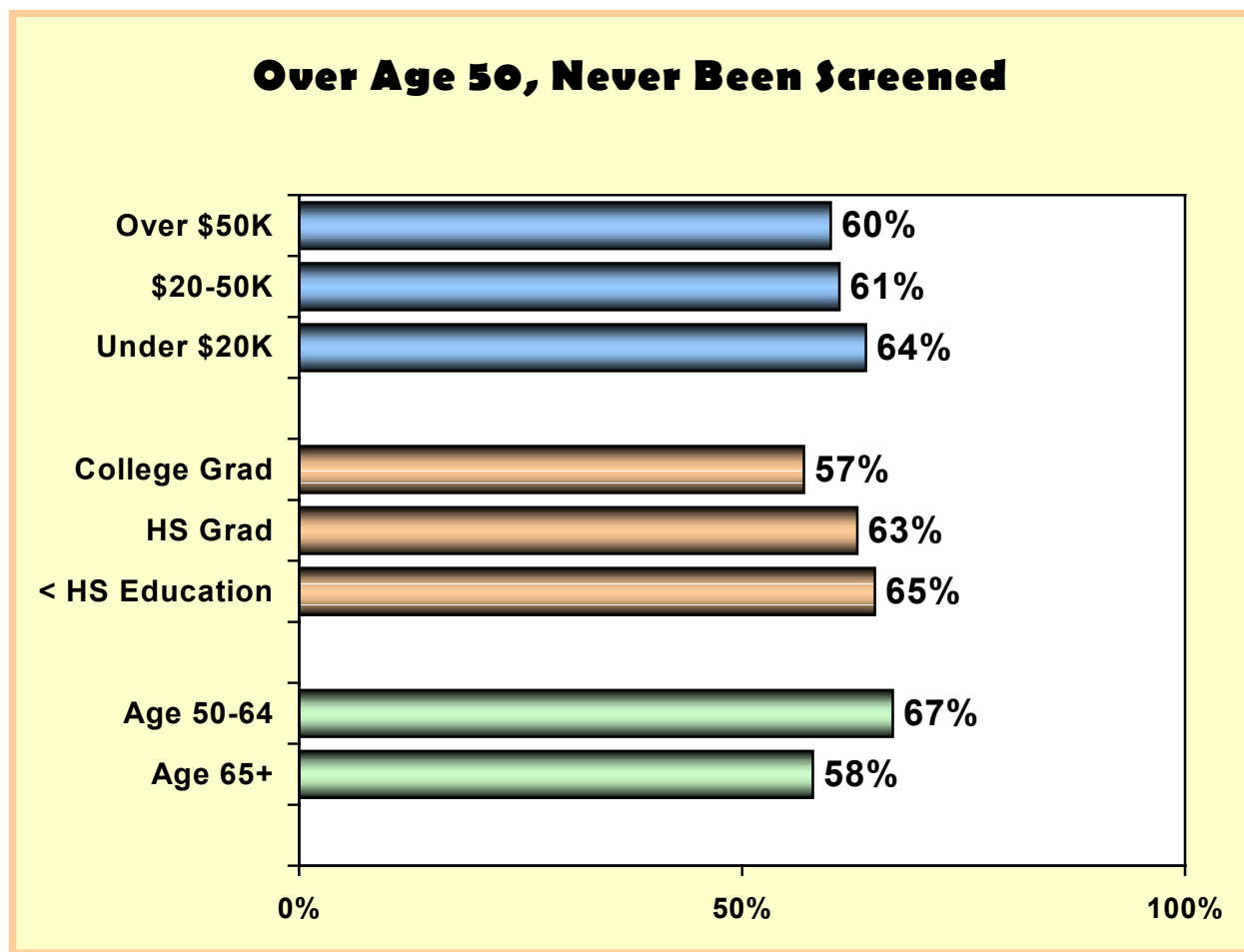
Risk Factor Definition: Over Age 50 and Never Been Screened

Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the bowel for signs of cancer or other health problems. Have you ever had these exams?

At Risk: Those aged 50 and older who answered “no” are considered at risk.

Who's At Risk in Searcy County?

Sixty-two percent of Searcy County adults over the age of 50 have never been screened for colorectal cancer.



Prostate Cancer Screening

Questions regarding prostate cancer screening were included in the Searcy County Adult Health Survey.

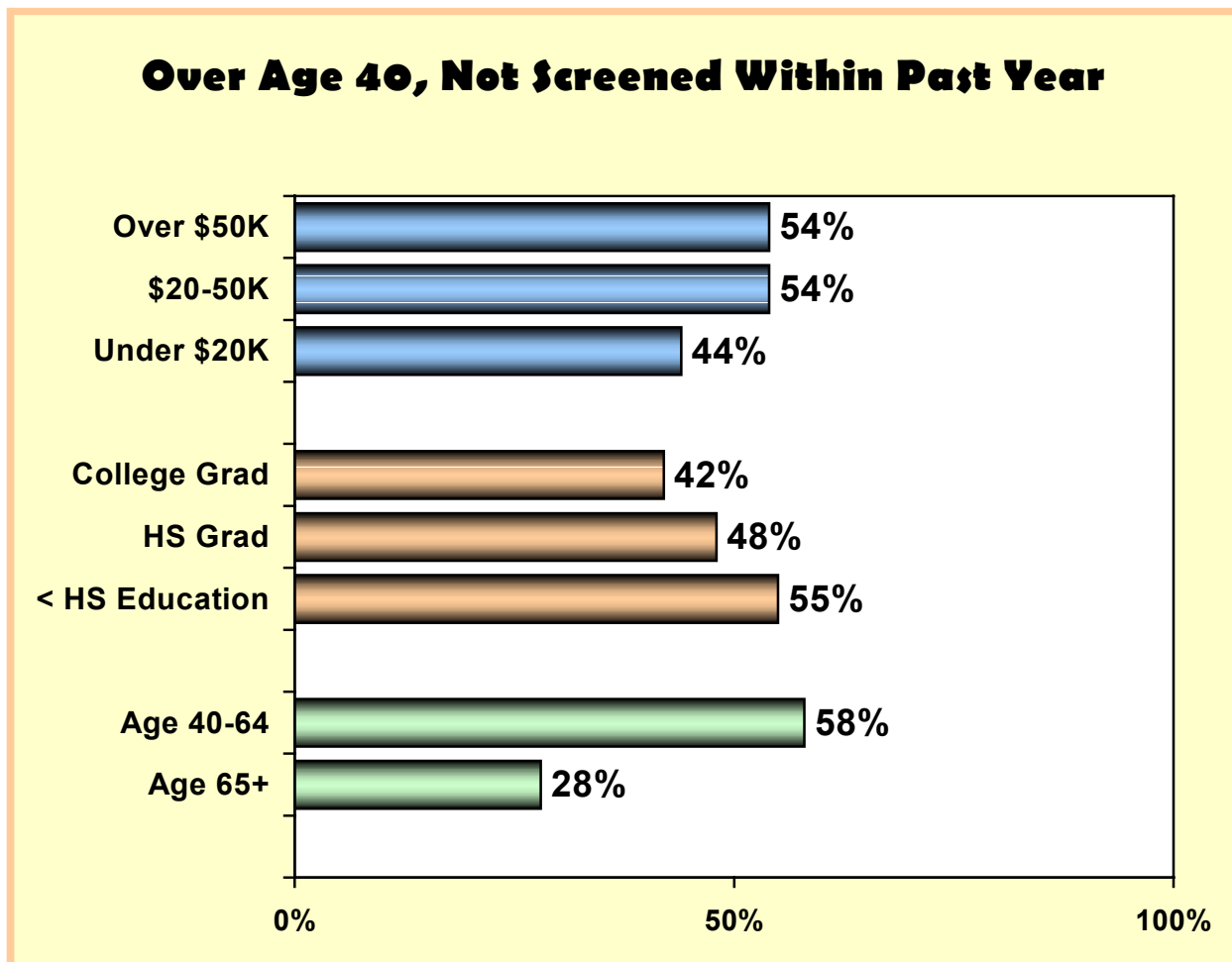
Risk Factor Definition: Male, Over Age 40, and Not Screened Within the Past Year

Question: A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had these exams?

At Risk: Those aged 40 and older who answered “no” are considered at risk.

Who's At Risk in Searcy County?

Forty-nine percent of Searcy County males over age 40 indicated they had not been screened for prostate cancer within the past year.



Immunization

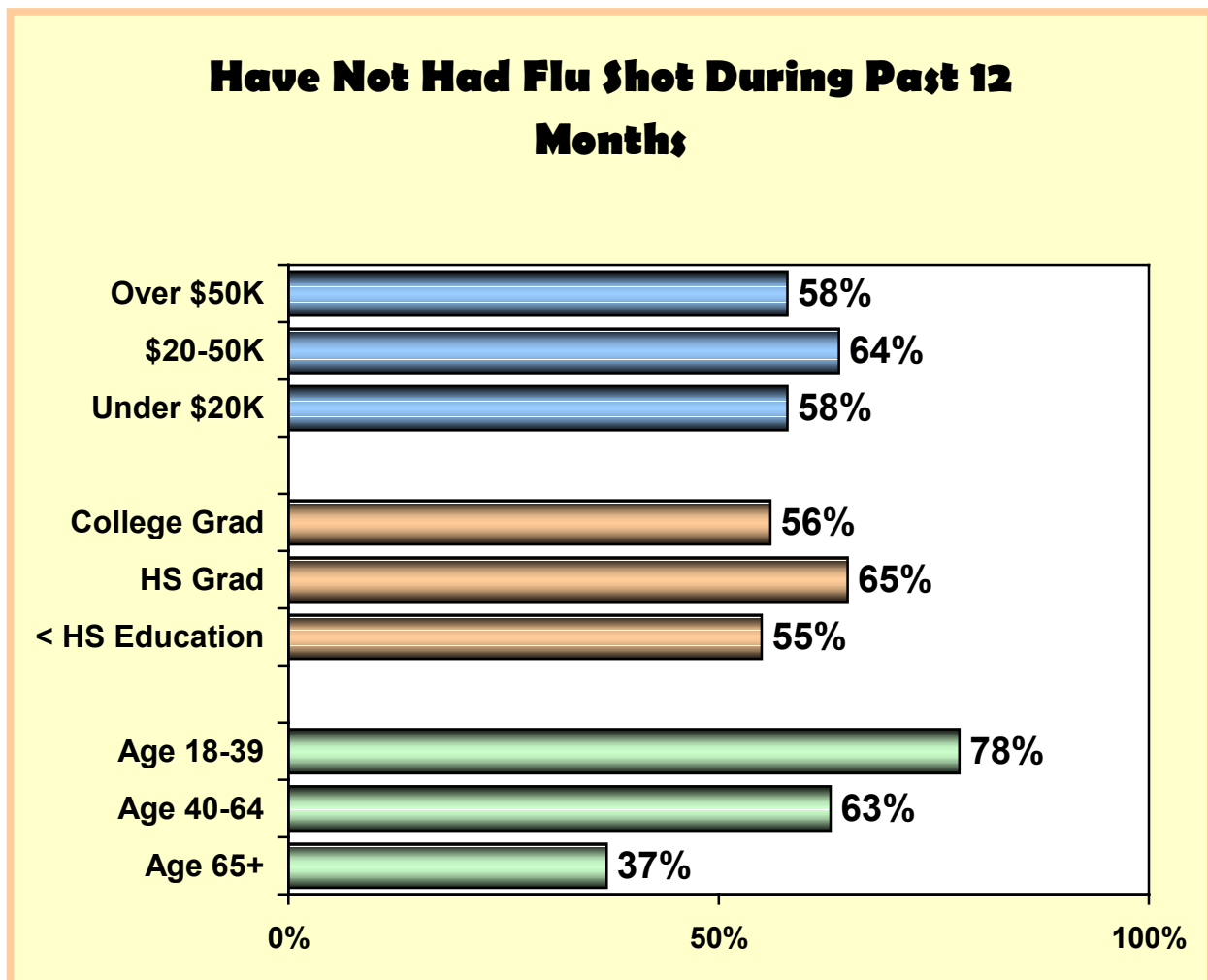
Risk Factor Definition: No Flu Shot

Question: During the past 12 months, have you had a flu shot?

At Risk: Those who answered "No" are considered at risk.

Who's At Risk in Searcy County?

Sixty-two percent of Searcy County adults had not received a flu shot during the past 12 months. Younger people were less likely to have had a flu shot during the past 12 months.



Physical Activity

Questions about physical activity and exercise were asked to the Searcy County Adult Health Survey participants.

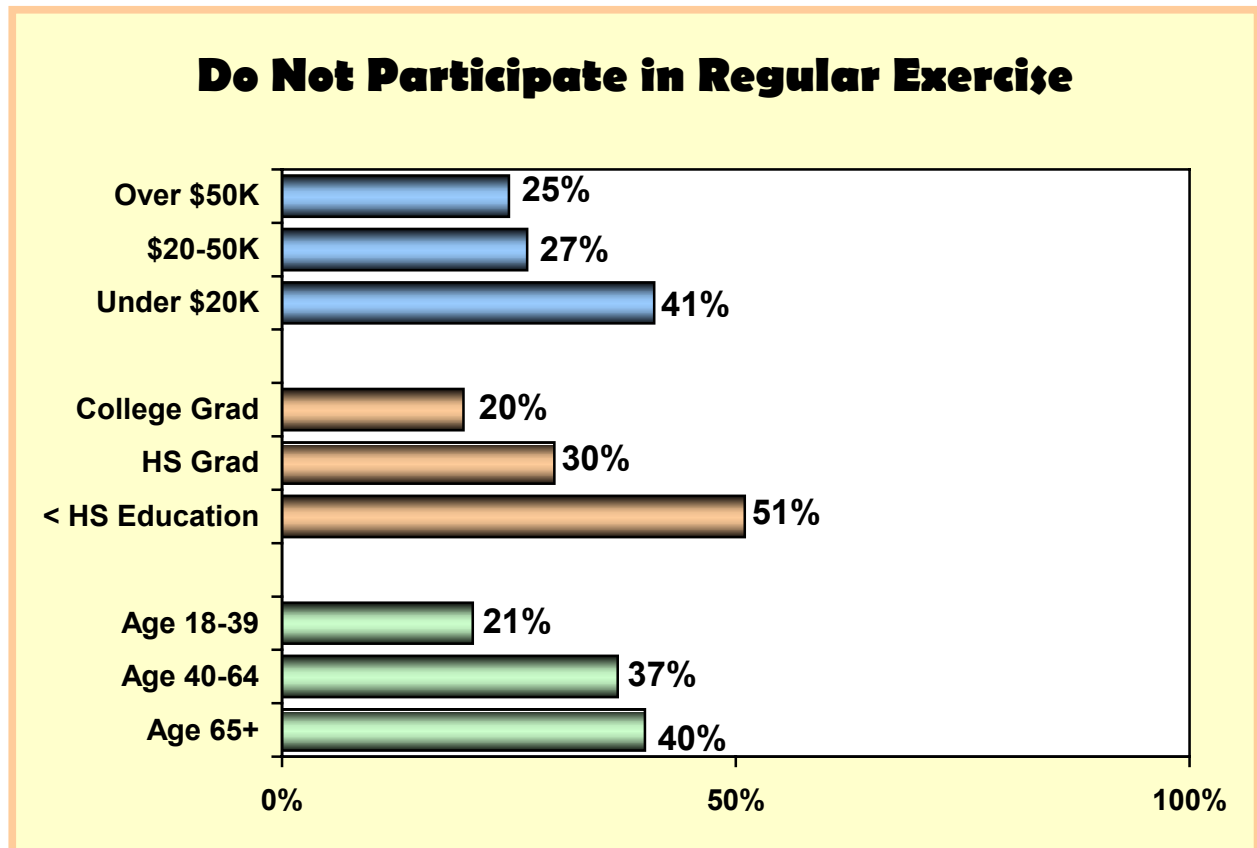
Risk Factor Definition: Do Not Participate in Regular Physical Activity

Questions: 1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

At Risk: Those who do not participate in physical activity on a regular basis are at risk.

Who's At Risk in Searcy County?

Thirty-three percent of Searcy County's adult residents did not participate in regular physical activity during the past month. Younger respondents and those with more education or income were more likely to get regular exercise.



Overweight

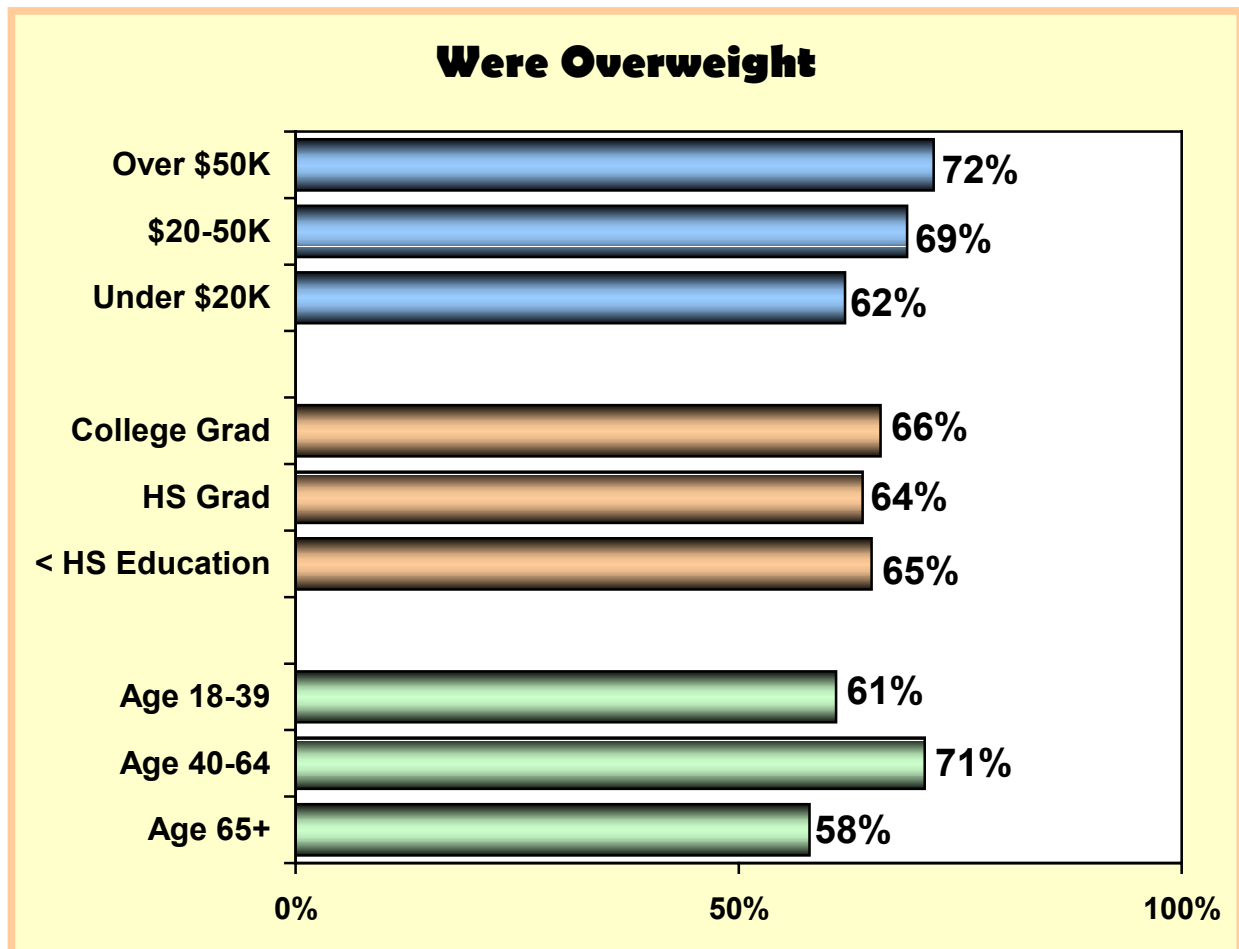
Risk Factor Definition: Overweight as Measured by Body Mass Index

Questions: 1. How much do you weigh without shoes?
2. How tall are you without shoes?

At Risk: Those with a Body Mass Index (BMI) of greater than 25.0 are overweight.
BMI is a ratio of weight to height.

Who's At Risk in Searcy County?

Sixty-five percent of Searcy County's adults are overweight.



Disability

Survey respondents were asked about health problems or impairments they had.

General Activity Limitations

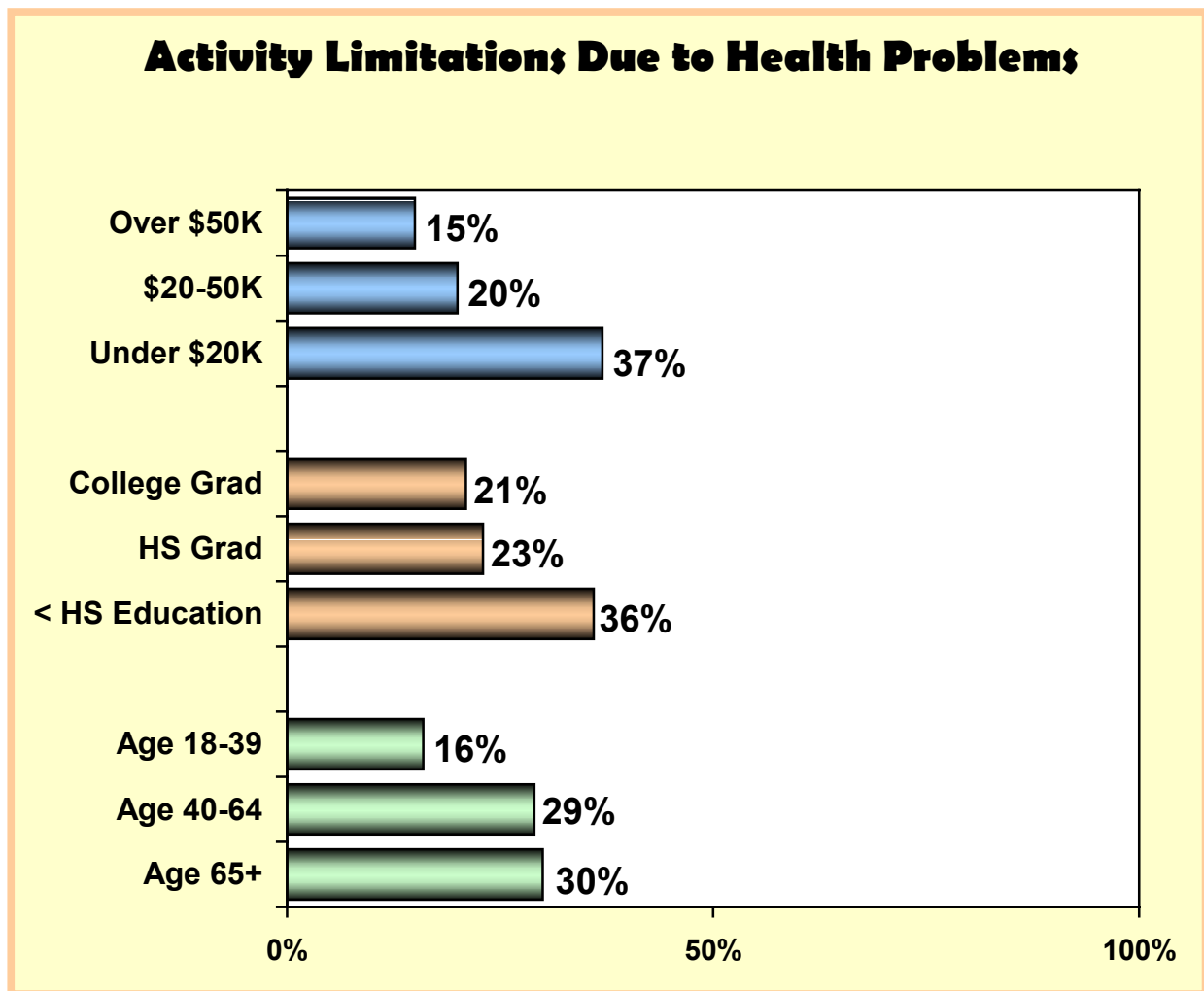
Risk Factor Definition: Activity Limitations

Questions: Are you limited in any way in any activities because of physical, mental, or emotional problems?

At Risk: Those who answered “yes” are considered at risk.

Who's At Risk in Searcy County?

Twenty-five percent of the adults in Searcy County reported that they had some activity limitations caused by a health condition. Respondents with less income or education were more likely to report activity limitations.



Alcohol Consumption

Questions about alcoholic beverage consumption were asked to Searcy County Adult Health Survey respondents.

Alcohol Consumption

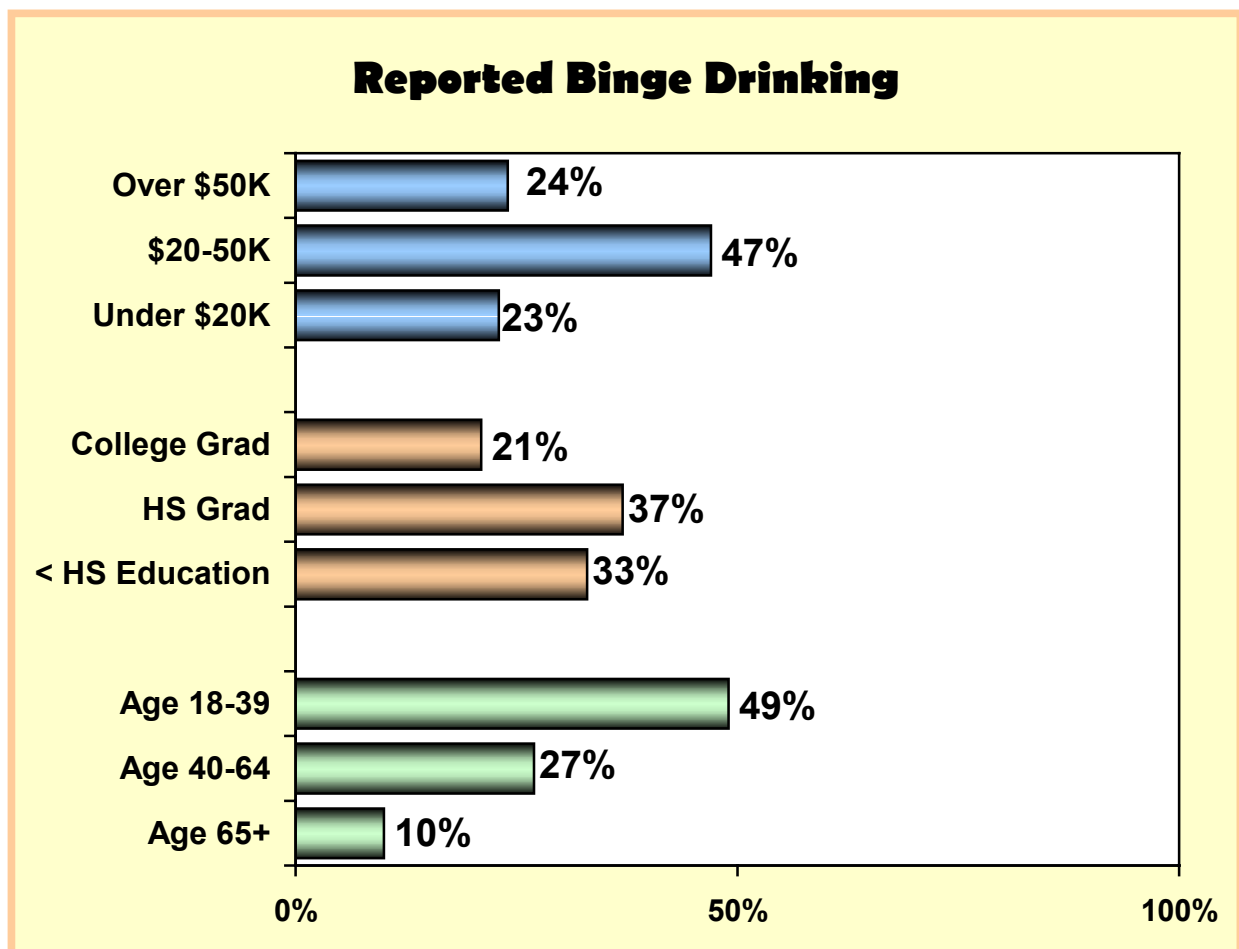
Risk Factor Definition: Binge Drinking

Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on an occasion?

At Risk: Those who had five or more drinks in a row on one or more occasions during the past month are considered at risk.

Who's At Risk in Searcy County?

Of those who reported drinking at least once in the past thirty days, thirty-four percent said they had consumed five or more drinks on at least one occasion in the past month. Younger respondents were more likely to report binge drinking.



Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other tobacco use were asked as part of the Searcy County Adult Health Survey.

Cigarette Smoking

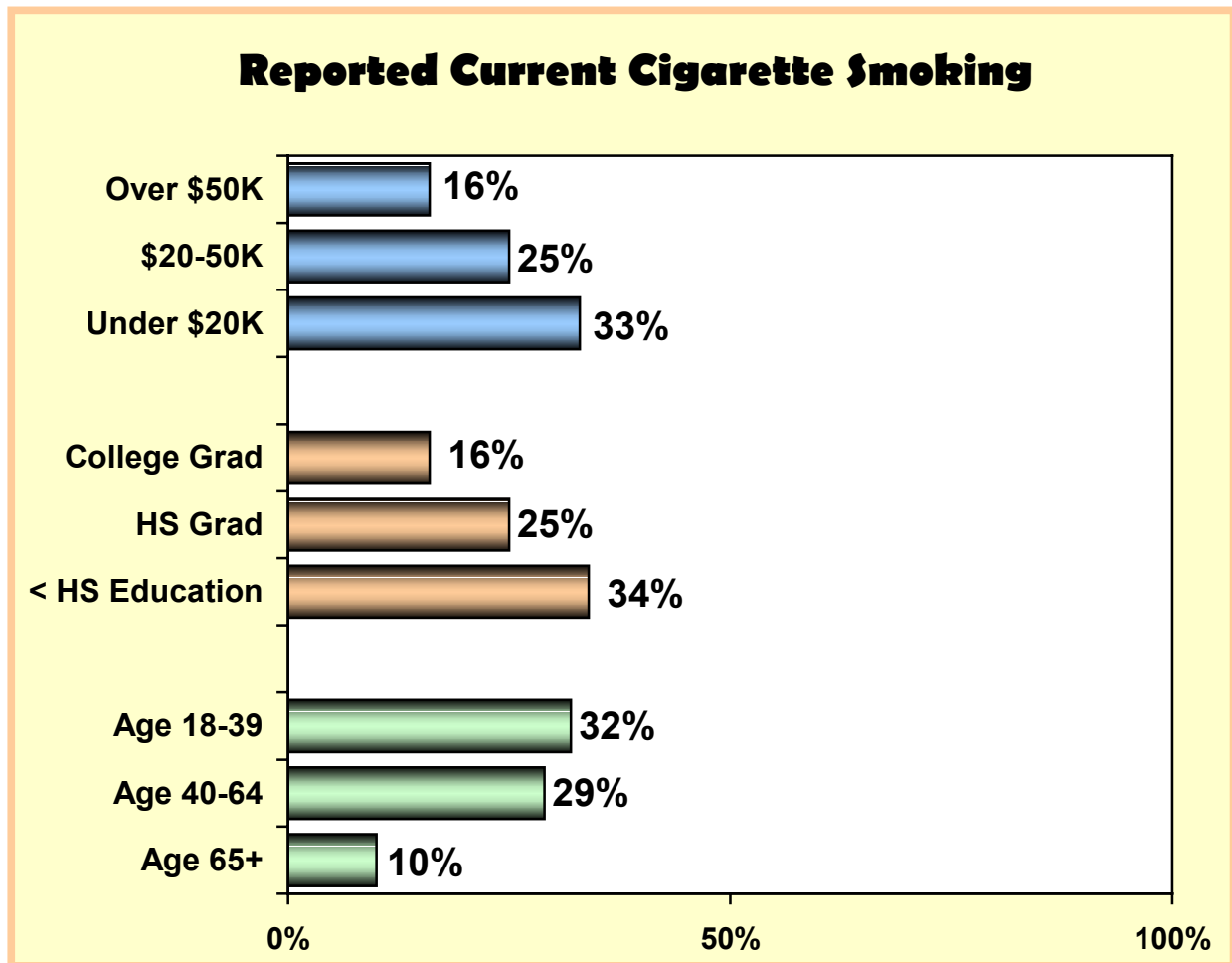
Risk Factor Definition: Currently Smoke Cigarettes

Question: Do you smoke cigarettes every day, some days, or not at all?

At Risk: Those who answered "every day" or "some days" are considered at risk.

Who's At Risk in Searcy County?

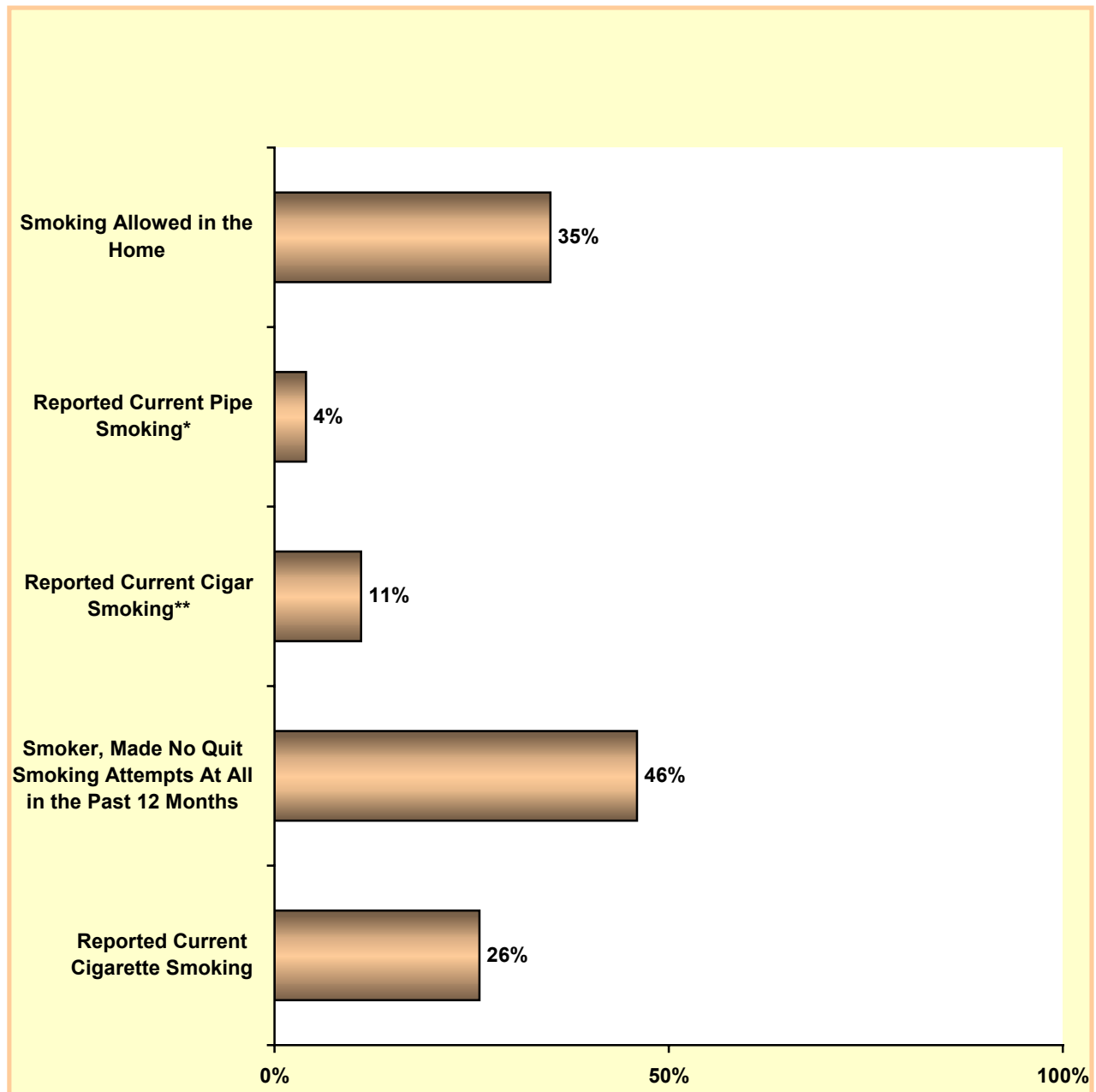
Twenty-five percent of the adults in Searcy County smoked cigarettes in the past month. Younger people and people with less education or income were more likely to smoke cigarettes.



County-Added Module Summaries

Tobacco Use Summary: Searcy and Van Buren Counties

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other tobacco use were asked as part of the Searcy and Van Buren Counties Adult Health Survey.

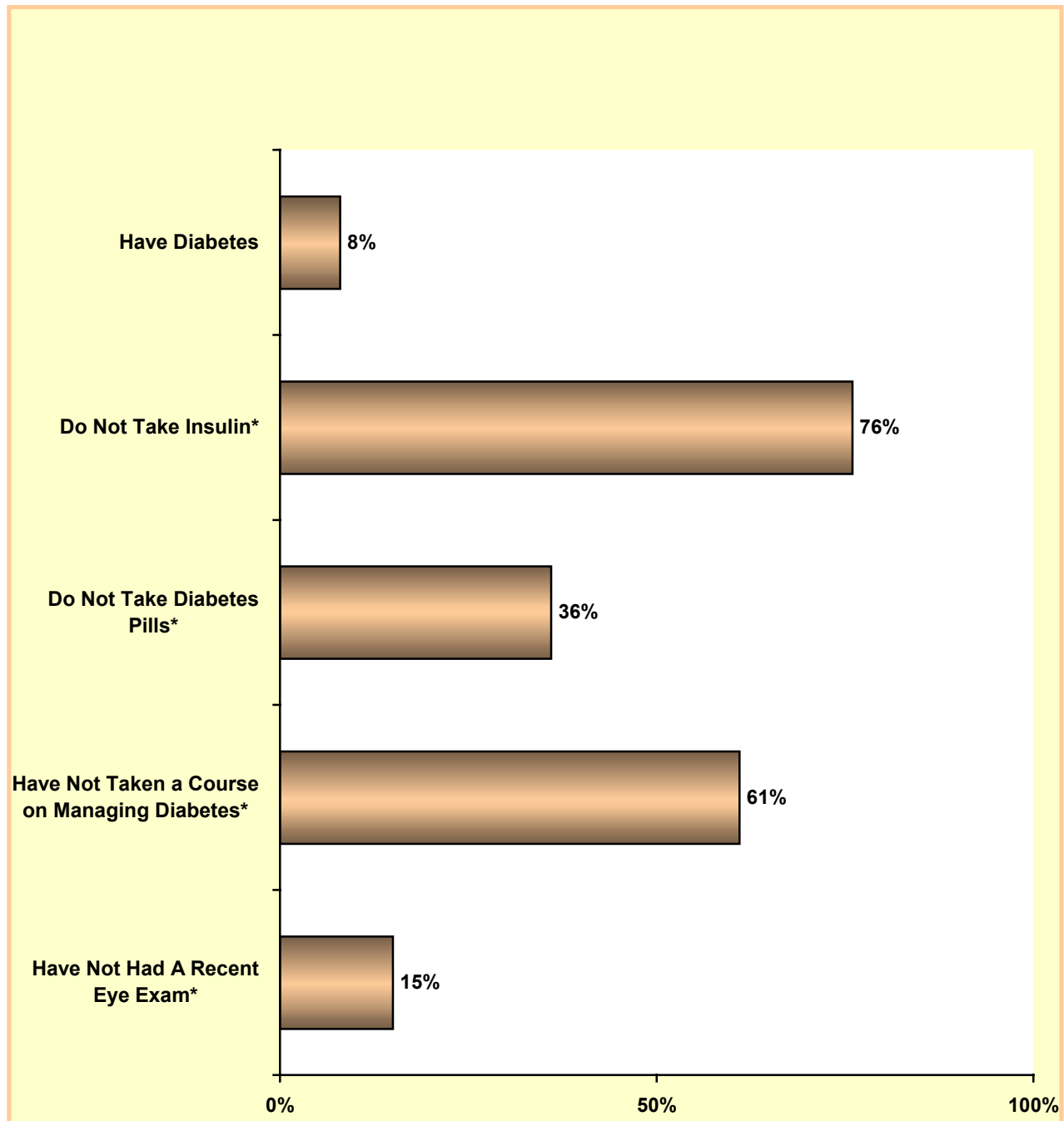


**Of those who have ever tried smoking tobacco in a pipe, even one or two puffs*

***Of those who have ever tried smoking a cigar, even one or two puffs*

Diabetes Summary: Searcy and Van Buren Counties

Questions regarding diabetes issues were asked of respondents who indicated they had ever been diagnosed with diabetes as part of the Searcy and Van Buren Counties Adult Health Survey.

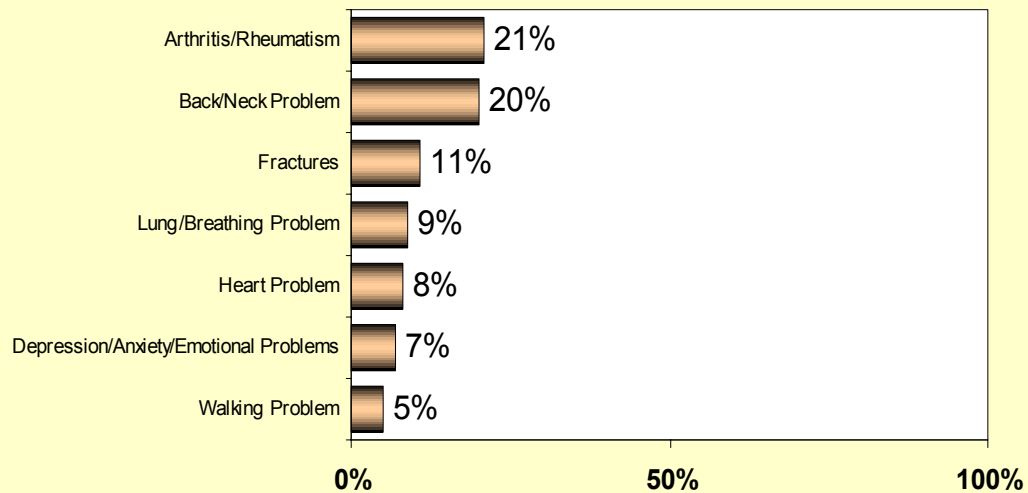


**Of respondents who indicated they had ever been told by a doctor that they had diabetes*

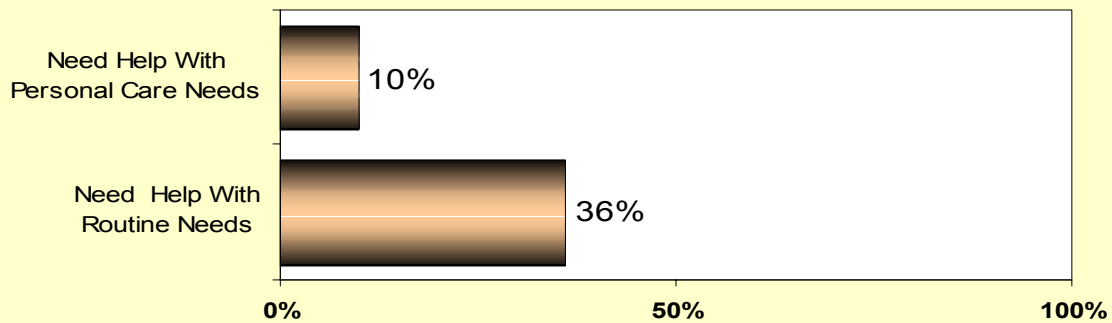
Quality of Life and Care Giving Summary: Searcy and Van Buren Counties

Questions regarding quality of life and care giving were asked as part of the Searcy and Van Buren Counties Adult Health Survey. Twenty-five percent of the adults in Searcy County reported that they had some activity limitations caused by a health condition.

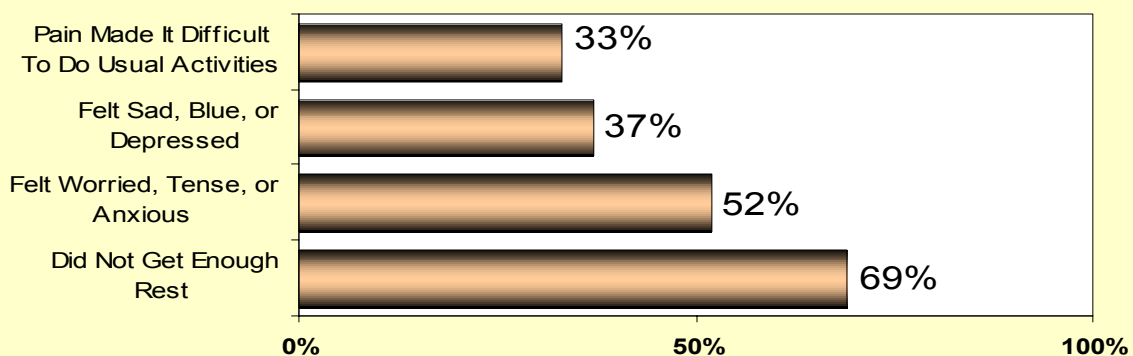
Top Health Problems or Impairments of Those With Activity Limitations:



Of Those With an Impairment or Health Problem Which Limits Activities :

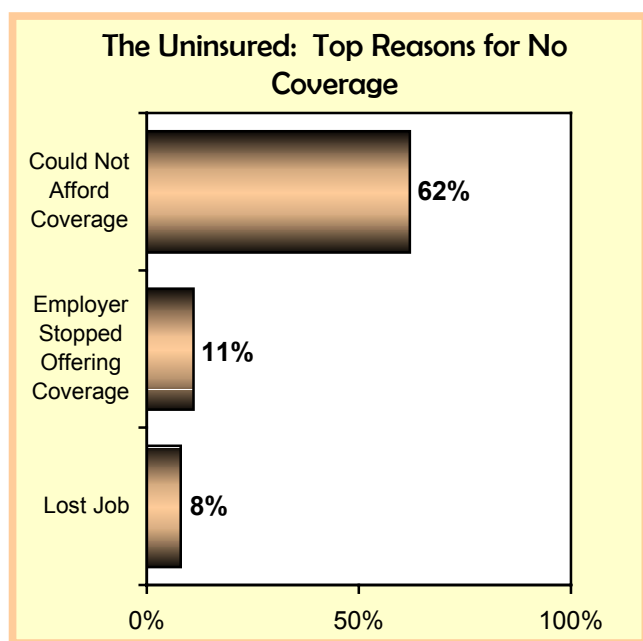
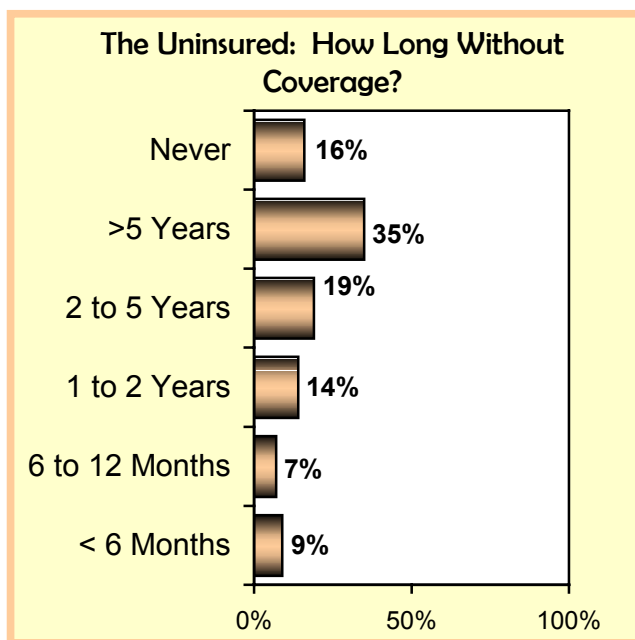
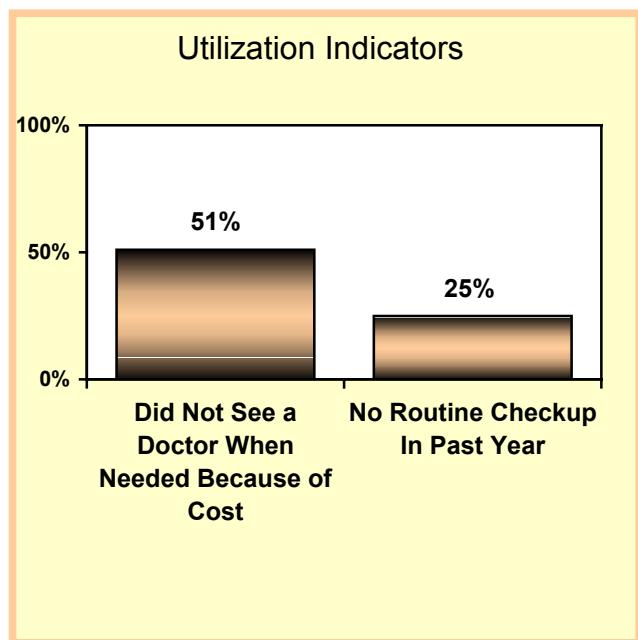


During the Past Month, On One Or More Days:



Health Care Access and Utilization Summary: Searcy and Van Buren Counties

Questions regarding health care access and utilization were asked as part of the Searcy and Van Buren Counties Adult Health Survey. Twenty-six percent of respondents in Searcy and Van Buren Counties did not have health care coverage.

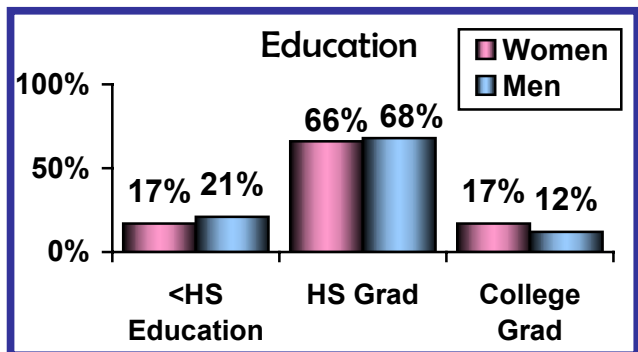
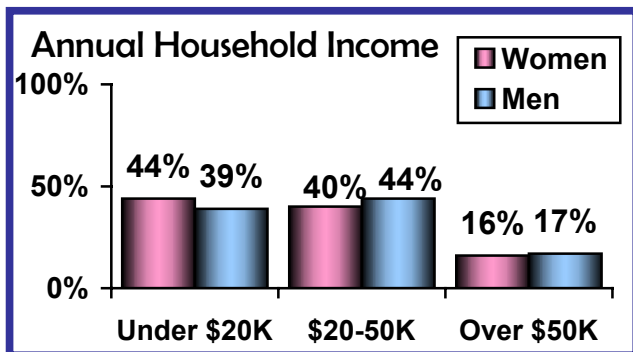


Women's Health & Risk Factors

Women's Health and the Searcy County Adult Health Survey

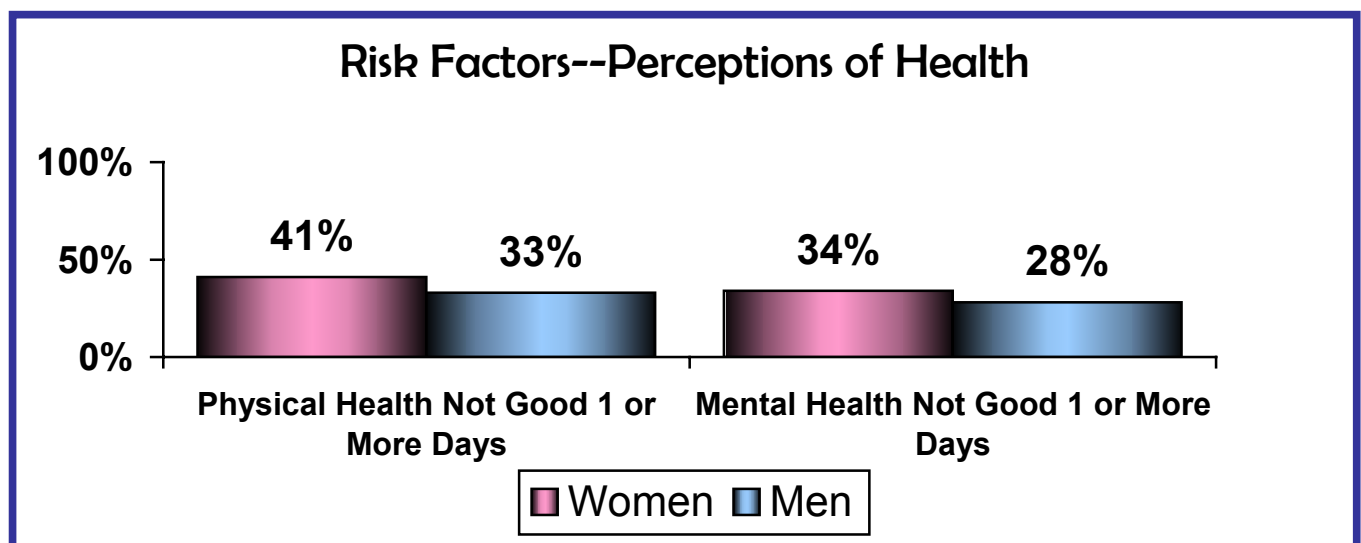
Searcy County Adult Health Survey Women's Demographics

Total Number of People Surveyed		
Male	Female	Total Surveyed
263	436	699



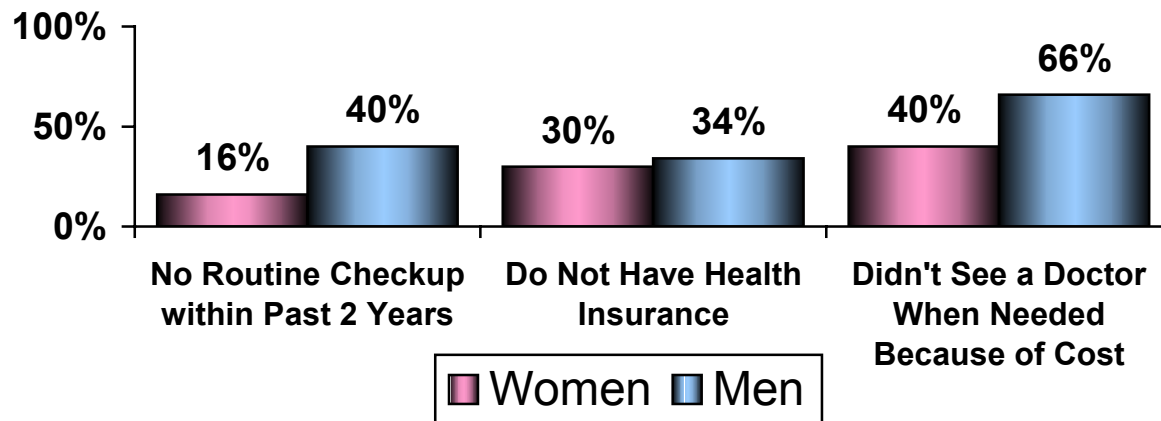
Women & Behavioral Risk Factors

In addition to the standard BRFSS questions, the Searcy County survey included special questions about women's health issues. Women's health concerns more than just breast care and reproductive health. Disparities between women's and men's health exist among various risk factors. Specific health issues that were investigated in conjunction with women's health concerns in Searcy County include self-reported perceptions of health, utilization of preventative health care and health screenings, and personal risk behaviors.



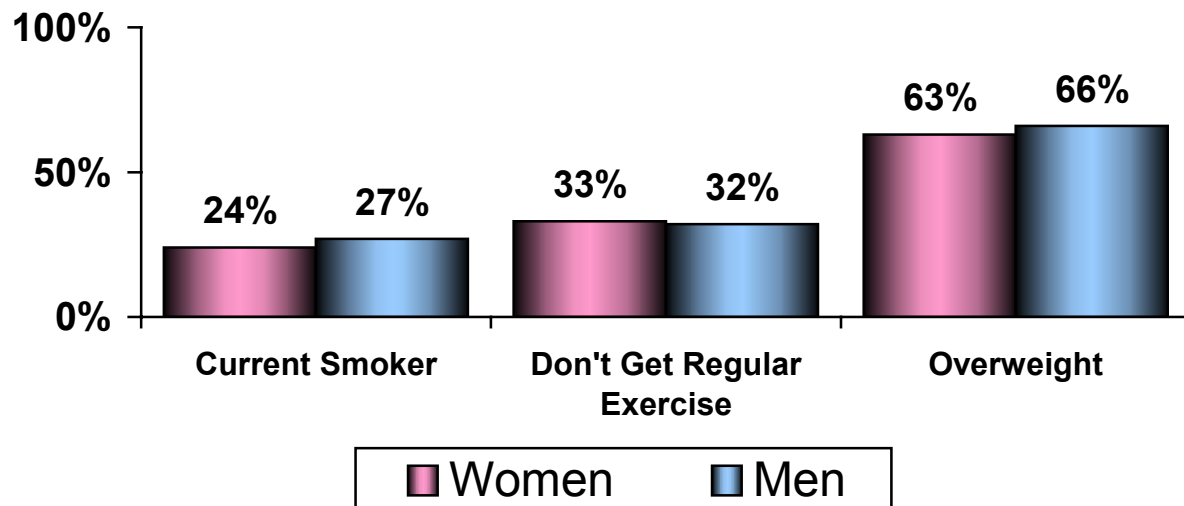
Women were more likely than men to report that their physical health and their mental health had been "not good" on one or more days during the past month.

Risk Factors--Health Care



Searcy County men were more likely than Searcy County women to report that they had not seen a doctor when they needed to because of cost and had not received a routine checkup in the past two years.

Risk Factors--Health Habits



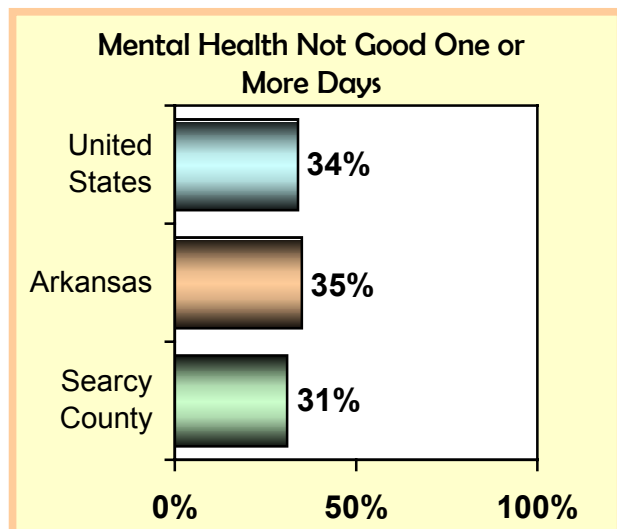
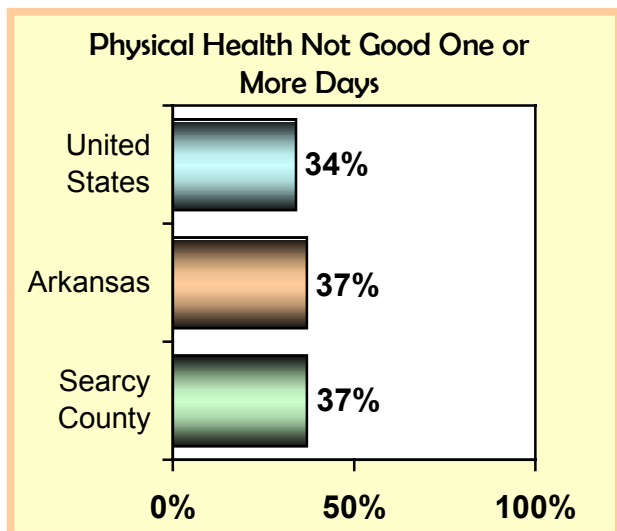
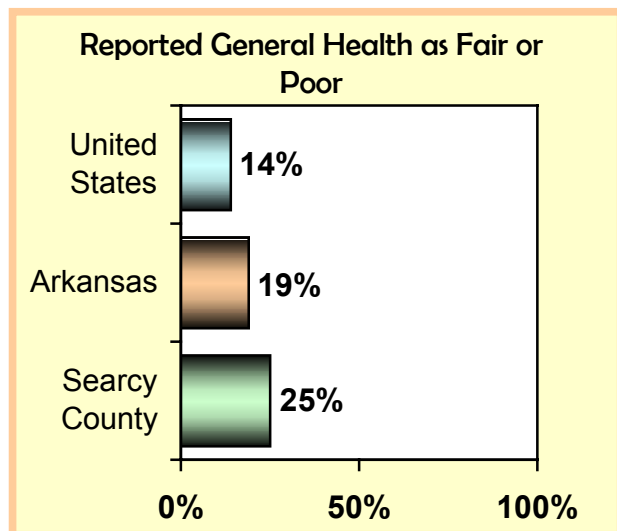
Searcy County men were more likely than Searcy County women to be smokers and to be overweight.

Searcy County, Arkansas, and United States BRFSS Data Compared

How Does Searcy County Compare?

In order to determine Searcy County's adult health strengths and weaknesses, its Adult Health Survey data was compared to state and nationwide data from the 2001 and 2002 BRFSS.

Health Status

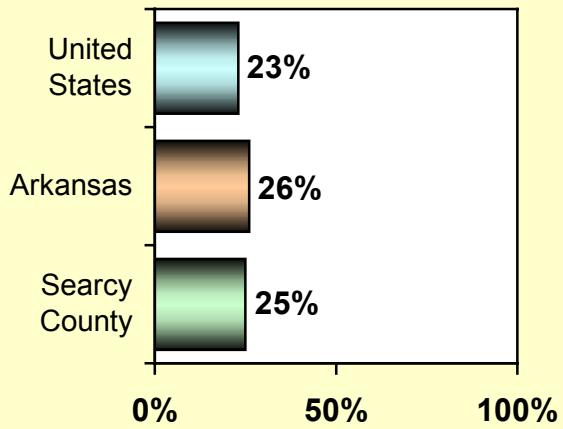


Searcy County adults reported their general health to be fair or poor more often than the rest of the state and nation.

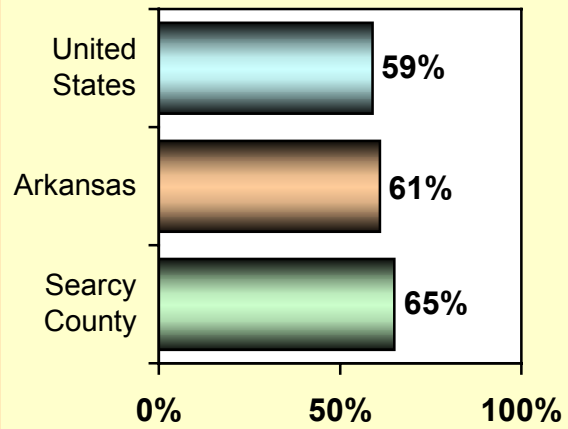
Furthermore, a higher percentage of Searcy County adults reported their physical health was not good one or more days, and slightly less reported "not good" mental health on one or more days during the previous month.

Health Habits

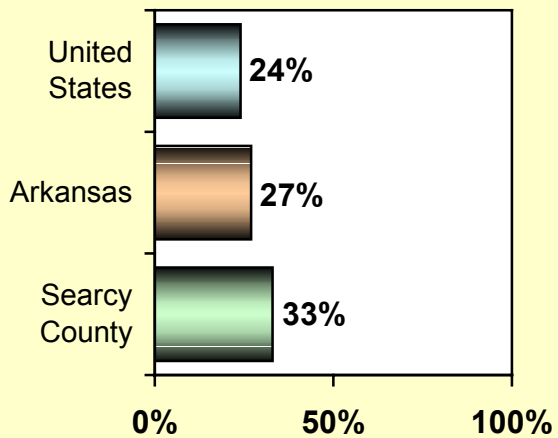
Current Smokers



Overweight

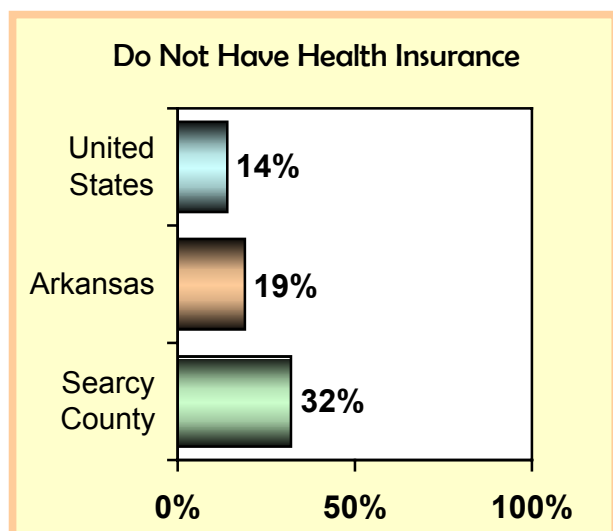


No Leisure Time Physical Activity

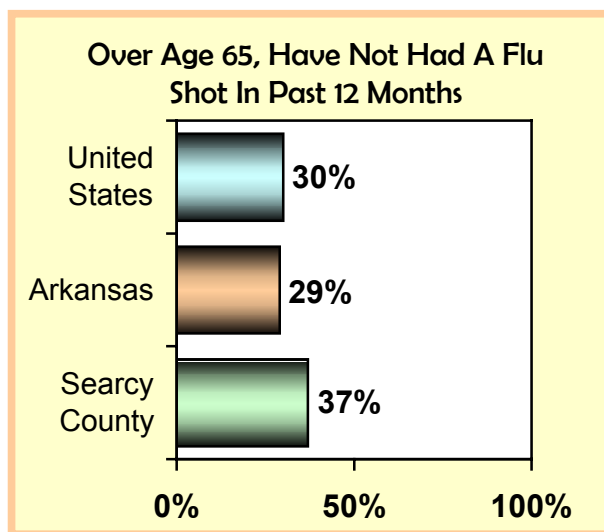
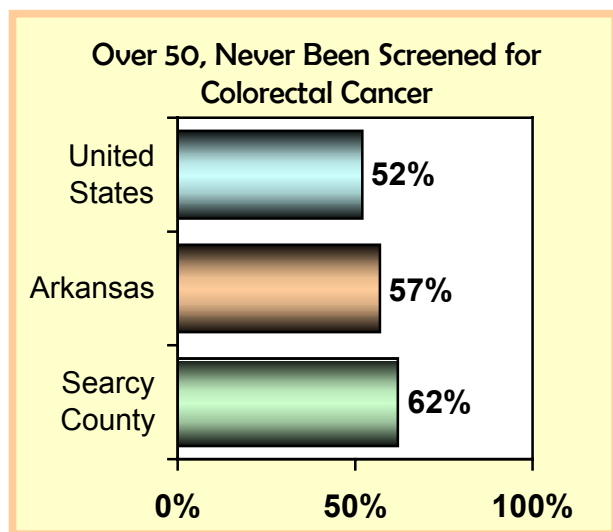


Searcy County's numbers are typically higher than the nationwide and statewide prevalence figures.

Health Care Access and Utilization

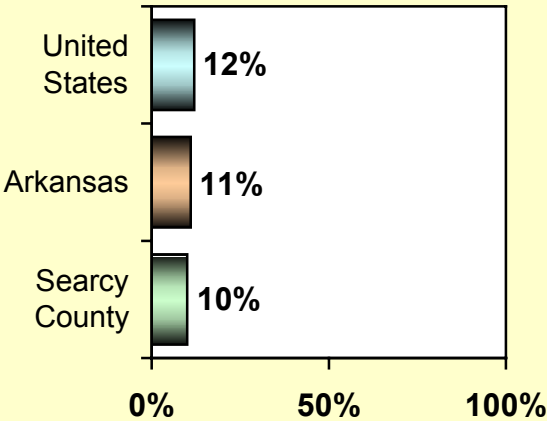


Searcy County has a high percentage of uninsured adults. Furthermore, a high percentage of older adults in Searcy County have not received recommended flu vaccinations and colorectal cancer screening tests.

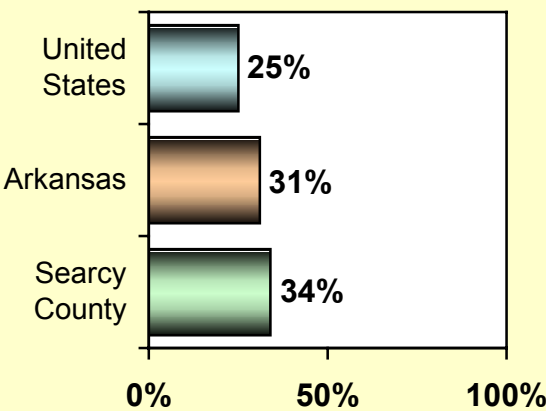


Chronic Conditions

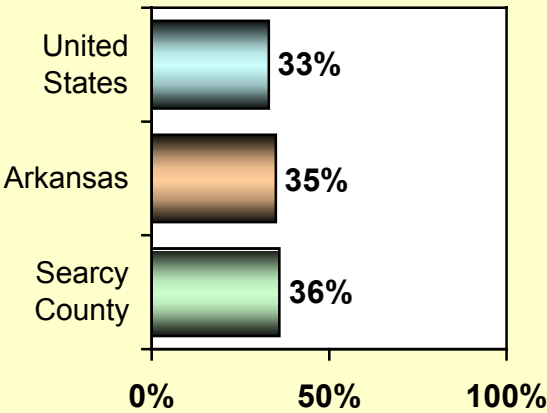
Asthma



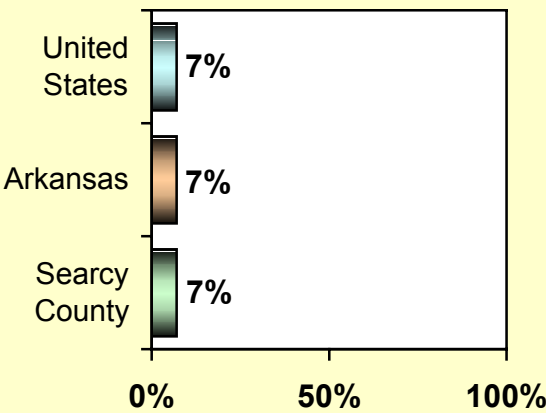
Reported a High Blood Pressure Diagnosis



Reported a High Blood Cholesterol Diagnosis



Reported a Diabetes Diagnosis



Appendix

Searcy County Adult Health Survey Questions

The following questions were administered as part of the Hometown Health County Adult Health Survey. The interviews were conducted by telephone, so a telephone interview script was used by the telephone interviews complete with notes and instructions regarding skipping certain questions, etc. Interested parties can obtain a complete copy of the script used to conduct the interview from their local Hometown Health leaders.

Section 1: Health Status

- 1.1. Would you say that in general your health is excellent, very good, good, fair or poor?
- 1.2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
- 1.3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
- 1.4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Section 2: Health Care Access

- 2.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?
- 2.2. What type of health care coverage do you use to pay for most of your medical care?
- 2.3. There are some types of coverage you may not have considered. Please tell me if you have any of the following (list of insurance plans).

Section 3: Exercise

- 3.1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

Section 4: Hypertension Awareness

- 4.1. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure.
- 4.2. Are you currently taking medicine for your high blood pressure?

Section 5: Cholesterol Awareness

- 5.1 Have you ever had your blood cholesterol checked?
- 5.2 About How long has it been since you had your blood cholesterol checked?
- 5.3 Have you ever been told by a doctor, nurse, or other health professional; that your blood cholesterol is high?

Section 6: Asthma

- 6.1 Did a doctor ever tell you that you had asthma?
- 6.2 Do you still have asthma?

Section 7: Diabetes

- 7.1. Have you ever been told by a doctor that you have diabetes?

Section 8: Arthritis

- 8.1. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint
- 8.2. Were these symptoms present on most days for at least one month?
- 8.3. Are you now limited in any way in any activities because of joint symptoms?
- 8.4. Have you ever seen a doctor, nurse, or other health professional for these joint symptoms?
- 8.5. Have you ever been told by a doctor that you have arthritis?
- 8.6. Are you currently being treated by a doctor for arthritis?

Section 9: Immunization

- 9.1. During the past 12 months, have you had a flu shot?
- 9.2. Have you ever had a pneumonia shot?

Section 10: Tobacco Use

- 10.1. Have you smoked at least 100 cigarettes in your entire life?
- 10.2. Do you now smoke cigarettes everyday, some days, or not at all?
- 10.3. On the average, about how many cigarettes a day do you now smoke?

Section 11: Alcohol Consumption

- 11.1 A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?
- 11.2 On the days when you drank, about how many drinks did you drink on the Average?
- 11.3 Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on a occasion?

Section 12: Firearms

- 12.1. Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle.

Section 13: Demographics

- 13.1. What is your age?
- 13.2. Are you Hispanic or Latino?
- 13.3. Which one or more of the following would you say is your race?
- 13.4. Which one of these groups best represent your race?
- 13.5. Are you married, divorced, widowed, separated, never been married, or a member of an unmarried couple?
- 13.6. How many children less than 18 years of age live in your household ?
- 13.7. What is the highest grade or year of school you completed?
- 13.8. What is your current employment status?

- 13.9. What is your annual household income from all sources?
- 13.10. About how much do you weigh without shoes?
- 13.11. About how tall are you without shoes?
- 13.12. What is your ZIP Code?
- 13.13. Do you have more than one telephone number in your household?
- 13.14. How many residential telephone numbers do you have?
- 13.15a. Has your regular home telephone service been disconnected in the last 12 months?
- 13.15b. In the past 12 months, about how many months in total were you without a working home telephone? (Do not count cell phones)
- 13.16. Indicate sex of respondent. (Ask Only if Necessary)

Section 14: Disability

- 14.1. Are you limited in any way in any activities because of physical, mental, or emotional problems?
- 14.2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

Section 15: Physical Activity

- 15.1. When you are at work, which of the following best describes what you do?
- 15.2. Now thinking about the moderate physical activities you do (when you are not working) if "employed" or "self-employed" in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?
- 15.3. How many days per week do you do these moderate activities for at least 10 minutes at a time?
- 15.4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
- 15.5. Now thinking about the vigorous physical activities you do (when you are not working) if "employed" or "self-employed" in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
- 15.6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?

- 15.7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Section 16: Prostate Cancer Screening

- 16.1. A Prostate Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?
- 16.2. How long has it been since you had your last PSA test?
- 16.3. A digital rectal exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?
- 16.4. How long has it been since you had your last digital rectal exam?
- 16.5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?
- 16.6. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?

Section 17: Colorectal Cancer Screening

- 17.1. A blood stool test is a test that may use a special kit at home to determine whether stool contains blood. Have you ever had this test using a home kit?
- 17.2. How long has it been since you had your last blood stool test using a home kit?
- 17.3. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other problems. Have you ever had these exams?
- 17.4. How long has it been since you had your last Sigmoidoscopy or colonoscopy?

County Selected Modules

Module 1: Diabetes

1. How old were you when you were told you have diabetes?
2. Are you now taking insulin?
3. Are you now taking diabetes pills?
4. About how often do you check your blood for glucose or sugar? Include times checked by a family member or friend, but do not include times when checked by a health professional.

5. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional.
6. Have you ever had any sores or irritations on your feet that took more than four weeks to heal?
7. About how many times in the past 12 months have you seen a doctor, nurse or other professional for your diabetes?
8. A test for hemoglobin "A one C" measures the average daily level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin 'A one C'?
9. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?
10. When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.
11. Has a doctor told you that diabetes has affected your eyes or that you had retinopathy?
12. Have you ever taken a class on how to manage your diabetes yourself?

Module 3: Quality of Life and Care Giving

1. What is your major impairment or health problem?
2. For how long have your activities been limited because of your major impairment or health problem?
3. Because of any impairment or health problem, do you need the help of other persons with your PERSONAL CARE needs, such as eating, bathing, dressing, or getting around the house?
4. Because of any impairment or health problem, do you need the help of other persons in handling your routine needs, such as everyday household chores, doing necessary business, shopping or getting around for other purposes?
5. During the past 30 days, for about how many days did pain make it hard for you to do your usual activities, such as self-care, work, or recreation?
6. During the past 30 days, for about how many days have you felt sad, blue, or depressed?
7. During the past 30 days, for about how many days have you felt worried, tense, or anxious?

8. During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?
9. During the past 30 days, for about how many days have you felt very healthy or full of energy?
10. Earlier you reported that due to your impairment you need some assistance from another person with your PERSONAL CARE needs. Who usually helps you with your personal care needs, such as eating, bathing, dressing, or getting around the house?
11. Is the assistance you receive to meet your personal care needs from all sources: usually adequate, sometimes adequate, or rarely adequate?
12. Earlier you reported that due to your impairment you need some assistance from another person with your ROUTINE needs. Who usually helps you with your routine needs, such as everyday household chores, shopping or getting around for other purposes?
13. Is the assistance you receive to meet your routine needs: usually adequate, sometimes adequate, or rarely adequate?

Module 4: Health Care Coverage and Utilization

1. What is the main reason you are without health care coverage?
2. About how long has it been since you had health care coverage?
3. What is the main reason you were without health care coverage during the past 12 months?
4. Is there one particular clinic, health center, doctors office, or other place that you usually go to if you are sick or need advice about your health?
5. Is the e one of these places that you go to most often when you are sick or need advice about your health?
6. About how long has it been since you last visited a doctor for a routine checkup?

Module 13: Tobacco Indicators

1. How old were you the first time you smoked a cigarette, even one or two puffs?
2. How old were you when you first started smoking cigarettes regularly?
3. About how long has it been since you last smoked cigarettes regularly?
4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?

5. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?
6. Which statement best describes the rules about smoking inside your home?
7. While working at your job, are you indoors most of the time?
8. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunchrooms?
9. Which of the following best describes your place of work's official smoking policy for work areas?

Module 14: Other Tobacco Products

1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?
2. Do you currently use chewing tobacco or snuff everyday, some days, or not at all?
3. Have you ever smoked a cigar, even one or two puffs?
4. Do you now smoke cigars everyday, some days, or not at all?
5. Have you ever smoked tobacco in a pipe, even one or two puffs?
6. Do you now smoke a pipe everyday, some days, or not at all?
7. A bidi is a flavored cigarette from India, Have you ever smoked a bidi, even one or two puffs?
8. Do you now smoke bidis everyday, some days, or not at all?

-End of Survey-

